

Jay Patrick, Founder of Alacer

prosilver

Novice User Joined On 2/2009

Posted On Sep 24, 2009

Before retiring, I worked for a nutraceutical company (Alacer, maker of Emergen-C vitamin C supplements) for several years that has the largest selling vitamin C product in the US. The company founder worked with Pauling, Stone, Gyorgyi and Hoffer to develop a C that could be given in high doses without the high acidity of ascorbic acid alone. Ascorbic acid is not C, the mineral ascorbates are, but you need all eight of them in balance. Not just sodium alone.

No doubt a person with undiagnosed chronic scurvy (which is what a lot of illness is) will respond favorably to the addition of any of the ascorbates, but for maximal results I would certainly not depend solely on sodium ascorbate. Calcium and sodium ascorbate are only 1/4 of the ascorbate complex that makes up vitamin C. There is also magnesium, potassium, zinc, manganese, chromium... and I can't remember the 8th one, but it is important, too.

The downside to mineral ascorbates is that, with the exception of calcium, magnesium and sodium, the others degrade quickly. So quickly that they cannot be packaged for marketing.

Recognizing the problem, it was determined that all of the necessary minerals, in natural body ratios to one another, must be reacted and immediately consumed. This was done by combining the 8 minerals, in carbonate form, with ascorbic acid and some natural fruit flavor, packed as powder in individual one dose hermetically sealed packets. When water is added to the packet contents in a glass the acid reacts with the mineral carbonates and, Voila! a glass of true vitamin C is created for immediate consumption.

The company is Alacer. The product is Emergen-C. The creator of the product is probably one of the great unsung heroes of Vitamin C research. His name is Jay Patrick. He passed away at the age of 92 and ran the company every day until about a week before his demise. He had to be dragged to the hospital. His diet was deplorable and he got no exercise. I attribute his longevity to his massive consumption of his own invention.

Collection of writings of Jay Patrick

Articles by Jay Patrick,

Chairman of The Committee for World Health,

President of Alacer Corp. (maker of Alacer Emergen-C vitamin C supplement)

Jay Patrick (1912-2003) - James W. "Jay" Patrick, president and founder of Alacer Corp. of Foothill Ranch, Calif., died of natural causes on Feb 26, 2003. He was 90.

Mr. Jay Patrick developed vitamin C products in the form of mineral ascorbates, including the company's best-selling Emergen-C Fizzing Vitamin C Drink Mixes. He believed that this form of vitamin C, as opposed to the more common ascorbic acid, could be consumed in higher doses because it was less acidic, easier to digest and directly absorbed into the cells.

"My father had such great drive about his passion—mineral ascorbates," said Ron Patrick, Alacer's vice president of operations. "He would talk to new employees, salesmen trying to sell other products, bankers or waitresses—it didn't matter who

they were—about the value of mineral ascorbates. His mission was that you understood the value of mineral ascorbates."

Jay Patrick became a vitamin C proponent in his late 50s, when he was working as a lab chemist at the TECT chemical company in Northvale, N.J. He discovered the vitamin C research of Irwin Stone, Ph.D., and began taking 2 grams of C daily to alleviate severe jaw pain that doctors could not help. After the pain stopped within a week, Mr. Patrick embarked on his life's work of studying the health benefits of the energy-boosting vitamin and sharing this information with others.

In 1970, Mr. Patrick formed the Alacer Corp. to continue his research on mineral ascorbates. He studied the work of vitamin C pioneers and Nobel laureates Linus Pauling and Albert Szent-Gyorgi, the latter of whom became a company consultant.

Alacer introduced Super Gram C in 1970 and launched the effervescent Emer'gen-C eight years later.

"Jay really did a lot to increase the public's appreciation of the importance of vitamin C," said Stephen Lawson, spokesman for Linus Pauling Institute in Corvallis, Ore., who worked with Mr. Patrick at the Third World Congress on Vitamin C in Victoria, British Columbia, in 2001.

Mr. Patrick remained active in the company until his death, continuing to distribute monthly supplies of Emer'gen-C packets to his staff, writing the book *Staying Alive and Being Alive* and donating vitamins to organizations around the world. He also continued to work with the Committee for World Health, the nonprofit research foundation he formed in 1978.

Mr. Patrick is survived by his wife, Ymelda, his son Ron, daughters Lorna, Alice and Janet, and 13 grandchildren. Donations can be made in his memory to The Committee for World Health, 19571 Pauling, Foothill Ranch, CA 92610.

Jay Patrick, Founder of Alacer, King of C Effervesces With Energy by Barbara Hey | Apr 24, 2008

Jay Patrick has spent most of his adult life consumed by, and consuming, vitamin C. When he was in his late 50s, working as a lab chemist in New Jersey, he was felled by severe jaw pain that could not be quelled by conventional medicine. He happened upon research that extolled the health and energy-promoting virtues of vitamin C, and he embarked on a regimen of 2,000 mg per day. Within a week his pain was gone, his life path altered forever.

"At the age of 60, I found my purpose in life," says Patrick, now 91 years old. That purpose was and still is—with unrelenting fervor—to spread the word about mineral ascorbates, a form of vitamin C that animals, but not humans, produce in their livers. Animals live seven times past their maturity (a dog, for instance, is mature at 2 but lives on average to 14). Says Patrick, it's possible that humans could do the same (mature at 15, maybe live to 105) if they too had an abundance of mineral ascorbates circulating in their bodies.

The research that ignited his passion all those years ago was that of Irwin Stone, Ph.D., a pioneer proponent of vitamin C. When Patrick's interest in C first was piqued, he would pilot his boat down the Hudson River to Stone's house on Staten Island to discuss the healing power of the vitamin. Ultimately, there was a parting of the ways between these men over the optimal form of vitamin C. Patrick believes that mineral ascorbates are superior, because, he says, they are more readily absorbed by the body, not as acidic and easier to digest compared to other forms—therefore allowing higher dose consumption.

According to Patrick, ascorbic acid, the most common form of supplemental C, is more likely to cause stomach upset and so just doesn't pack the punch of the seven mineral ascorbates (potassium, calcium, magnesium, manganese, molybdenum, zinc, chromium) that are the carriers, and, Patrick insists, the preferable form of the vitamin.

His new mission in life led Patrick to California, where he established Alacer Corp. in 1970 and continued his research. He studied the work of other champions of vitamin C, including Nobel laureates Linus Pauling and Albert Szent-Gyorgi, the latter of whom worked as an Alacer consultant at the company's conception.

Patrick's goal was to develop vitamin C products using mineral ascorbates as the vitamin's delivery system. This allows the vitamin to bypass the digestive tract and be directly absorbed into the cells where it's needed. "We found that ascorbates act as carrying agents, delivering the nutrients to every cell of the body," he says.

He soon achieved his goal. Alacer's first product—Super Gram C—a timed-release capsule of 1,000 mg mineral ascorbates, was introduced in 1970. Eight years later, Alacer debuted what soon became the company's ubiquitous and best-selling product, Emer'gen-C—packets of effervescent powder that contain 1,000 mg of mineral ascorbates, 38 mineral complexes and B vitamins. Emer'gen-C is now available in more than 20 flavors, even coffee and cola, plus a strawberry formulation for kids. Those colorful packets, said to boost energy and labeled with encouragement ("Get Up & Go!"), are now the top-selling vitamin C products sold in health food stores, and the fourth-best-selling brand of vitamin C sold in mainstream grocery stores.

If it were up to Patrick, he'd speak of nothing but C, specifically mineral ascorbates, what he refers to as "the real vitamin C."

"My father's life is vitamin C," says son Ron Patrick, vice president of operations for Alacer. "[My father] has lived and breathed it for more than 30 years."

According to the elder Patrick, everyone needs C and lots of it. "Most of us are wandering on a precipice, with minimal amounts of vitamin C in our body, making us vulnerable to trauma," he says, which is not an issue for Patrick, who stands on solid ground after decades of daily supplementation.

"He's probably taken vitamin C longer than anyone," says Ron of his father. So if there is merit to his belief in the power of the vitamin, Jay Patrick is living proof. "I take 10 grams of mineral ascorbates each day. I haven't had a cold in 30 years, and I have coronary arteries completely free of plaque," Patrick says.

Alacer's press packet contains a copy of Patrick's latest brain MRI, showing a hearty-sized hippocampus, the site responsible for cognitive functioning, unusual in its heft for a man his age, he says.

"Wonder why my hair is this color?" asks Patrick, pointing to his muted-brown locks one afternoon in March while sitting at Alacer's booth at Natural Products Expo West in Anaheim, Calif. No words necessary; he demonstrates the answer by tossing two Super Gram IIIs into the back of his throat and following those with a chaser of tropical-fruit-flavored Emer'gen-C. "If you do that three times a day, one pill or one packet, you'll be covered," he advises.

But for Patrick it's not enough that he knows the answer; he wants others—millions of others—to know the truth of what he says and to follow his lead. That there is this substance that could help so many but is taken by so few drives him to keep going, to keep spreading the word. He credits vitamin C with an impressive and

surprising array of health benefits: improving vision (his, he says, is 20/20), increasing muscle tone in children with cerebral palsy, preventing cognitive and memory loss, aiding in liver regeneration, correcting sleep apnea, even helping coma victims return to consciousness.

He founded the Committee for World Health in 1978 to do further research on how vitamin C might help treat and prevent these and other illnesses. The committee is researching the effects of mineral ascorbates on patients hospitalized in Mexico and Russia, looking in particular at liver ailments such as hepatitis and cirrhosis. In addition, the committee is currently working with the Bill & Melinda Gates Foundation, seeking to donate products to AIDS-plagued central Africa.

For the past 32 years, Patrick's focus has been on developing products, particularly those with mineral ascorbates, although Alacer's line has expanded beyond vitamin C. And he's had his challenges.

"Like any pioneer, he had to figure out the entire production process," says his son. "But through it all, he just wouldn't quit." And all these years later, Patrick still puts in long hours at the office, arriving at his desk every morning at 8 a.m., (with a midday break for a gym workout), overseeing his business, thinking continually of ways to get his message across. "He is still very active in the company; the master chef, the final arbiter of products," says his son.

In his spare time, Patrick writes articles (e.g., "Are Girls Smarter [than boys]?" Answer: more circulating mineral ascorbates), and he just completed a book, *Staying Alive and Being Alive*, that is excerpted on the company Web site. The site also includes testimonials from devotees of Emer'gen-C, such as actors Chuck Norris and Sylvester Stallone.

Patrick displays an energy that results in equal measure from his ingestion of and passion for mineral ascorbates. To Patrick, his vitamin C products are not just supplements; they are something that could save us all. "I am going to live to 100 because it is so critical to me to continue to get out the word about vitamin C," he says with conviction. "I know I am living a useful life."

Lawsuit to be Filed Against National Academy of Sciences;
"A Crime Against Our Society,"
Declares Plaintiff Alacer Corp.
FOOTHILL RANCH, Calif.--(BW HealthWire)--
May 10, 2000
via NewsEdge Corporation -

Jay Patrick, 87-year-old president of Alacer Corp., announced today that a lawsuit is prepared and will be filed in about 10 days against the National Academy of Sciences, for "their absolute falsehoods in regard to the use of high levels of Vitamin C, E, Selenium, and Beta Carotene."

Alacer Corp. is the producer of Emer'gen-C(TM), an effervescent drink mix that, according to independent SPINS market research, holds a 45 percent market share of Vitamin C sold in health food outlets in the United States. When water is added to Emer'gen-C(TM), the ascorbic acid reacts with the mineral salts, creating mineral ascorbates like those produced naturally in the livers of more than 99.9% of all animals - except humans.

The Alacer suit will concentrate on alleged false statements made regarding Vitamin C, that contradict the Academy's own findings reported in their recently released

Dietary Reference Intakes report, according to Patrick. "We regard our genetic inability to produce mineral ascorbates of Vitamin C in our own bodies as the major disease of the world. This ailment renders us unable to counter innumerable diseases which can never be cured by drug approaches and which greatly shorten our lives," Patrick said.

The suit will seek compensatory damages and ask the Court to declare that the "true Vitamin C" is mineral ascorbates, not ascorbic acid. Mineral ascorbates can be ingested at levels 20 or more times that of ascorbic acid without fear of diarrhea or other gastrointestinal disturbance. "We shall summon major scientists of the world in support of our charges," said Patrick. "We intend to show that the role of Vitamin C in life extension far exceeds the antioxidant capabilities which the National Academy of Sciences, in its public hearings, indicates is its sole function. Accordingly, we are prepared to prove that the Academy is actually lying in their remarks, which cover all diseases of humankind. Indeed, we feel that their statements constitute a crime against our society. Thus, we shall ask that the federal charter of the Institute be revoked."

About Jay Patrick

At age 59, Patrick was head of a chemical specialties corporation in northern New Jersey. He had developed in 1954 the outstanding replacement of the highly toxic carbon tetrachloride, stabilized 1-1-1 trichloroethane, and such products as IBM Tape Cleaner and Developer for use by IBM Computers throughout the world.

At the time, Patrick was not at all interested in nutritional supplements. However, he started to suffer from extreme pains of the TM joints and turned to dentists, without satisfaction, to help eliminate them. Looking for a solution, Patrick became a good friend of Dr. Irwin Stone, an enzyme chemist studying Vitamin C and its many benefits.

Among the things that Stone told him was that all humans suffer from a genetic disease, our inability to produce Vitamin C in our own bodies. On the contrary, 99.9% of all animals manufacture the neutral mineral ascorbates in their own livers.

Patrick tried five or six grams of ascorbic acid and quickly noted that about 95% of his TMJ pain went away. This immediately attracted his interest. He resolved that he would find some way to produce the same mineral ascorbates used so successfully by animals. Accordingly, he shut down his New Jersey plant and returned to his native California.

Within the coming years he set up a plant to produce timed-release mineral ascorbates and other food supplements, which proved quite successful. However, in 1978 he conceived the idea of making a product that would simulate the production of C by animals. It turned out to be Emer'gen-C(TM) effervescent drink mix which has become the outstanding source of Vitamin C in the United States, as sold through health food stores and, lately, in many grocery chains.

Patrick has written some 100 articles on health and his book "Staying Alive and Being Alive" will shortly be published. It includes articles such as "How to Get Out of the Hospital Alive", "Four Great Medical Hoaxes", "What Kills Most of Us", and "Specialized Woman".

Patrick's wife, Ymelda, has 16 grandchildren. They are all in excellent health and are outstanding students. The reason, he says, is that their mothers had 8 to 10 grams of Alacer's Vitamin C mineral ascorbates during each pregnancy.

Jay Patrick , Founder of Alacer, with a Dose of Marketing : Irvine Vitamin Firm

Alacer to Begin Advertising

BY HOPE HAMASHIGE

MARCH 24, 1995 12 AM PT

SPECIAL TO THE TIMES

IRVINE — Jay Patrick, just shy of his 83rd birthday, goes to work every day in offices cluttered with electronic gadgetry and books and articles about health and nutrition. A sofa bed in one corner is always open so he can take his daily 22-minute nap.

The founder and president of a 23-year-old Irvine company that makes vitamins and other food supplements counted the late Linus Pauling among his friends. In fact, he credits the Nobel-prize winning chemist with getting him into his line of work.

Now, he is one of his own best customers. He takes 10 grams of vitamin C every day--about 150 times the recommended daily allowance--because, he says, it ensures his good health and vitality.

After years in relative obscurity, Patrick has decided to raise the profile of Alacer Corp. by making a push into the rapidly growing health-food segment of the retail industry. Alacer, which sells its products in health-food stores nationwide, will begin advertising and marketing its full line of vitamin and mineral tablets, bottled water with electrolyte additives and vitamin-enriched skin-care products.

Privately held Alacer is timing its marketing move well, observers and analysts say. The vitamin industry as a whole has seen its sales grow steadily in the 1990s. Total sales of food supplements were a record \$4 billion for 1993, according to the Council for Responsible Nutrition, a trade group based in Washington. That represented a 10% increase from the previous year.

Tony Cherbak, a retail analyst with Deloitte & Touche, said the health-food and food-supplement industries have not been tracked carefully until recently because they made up such a small segment of the total retail market.

The reason for the recent sales growth, he said, is not known, but Deloitte & Touche, as well as other consulting groups, are beginning to research it.

Those inside the industry, though, offer this answer: "People can't afford to be sick because of the high cost of health care," said Bernie Bubman, co-founder of Great Earth Vitamin Stores, a Los Angeles-based chain. "So they are looking for alternatives."

Whatever the reason for the boom, it bodes well for Alacer, which employs about 100 people and estimates its annual revenue at about \$6 million.

The company already has a devoted customer base, including some celebrities. Supermodel Cindy Crawford, for example, has touted the company's E-mergen-C vitamin supplement in fashion magazine articles.

Alacer's growth has been achieved up to now strictly by word-of-mouth. The company has no sales staff--its products are shipped to distribution companies that fill retailers' orders.

"The company was always been a product-driven company," said Michael Maynard, Alacer's newly hired director of marketing. Little money or effort went into promotions, he said, largely because Patrick is not a typical businessman.

He never mentions the bottom line, and terms like "operating margin" are rarely heard.

"As I got older," Patrick said, "I became more interested in finding ways to live a

longer and healthier life."

That and his friendship with Pauling, who advocated large doses of vitamins to stave off illness, led Patrick into the food supplement business. He never had a marketing plan or an advertising budget.

Now, though, "that is all changing," Maynard said. He would not give specifics, he said, except that "the advertising budget will be brought up to more than the national average, which is about 4% of sales."

(BEGIN TEXT OF INFOBOX / INFOGRAPHIC)

Healthy Sales

U.S. sales of vitamins, minerals and other nutritional supplements increased 14% in 1993. Retail sales, in billions of dollars: 1989: \$3.2 1990: \$3.3 1991: \$3.3 1992: \$3.7 1993: \$4.2

Popular Choices

In 1993, vitamins and minerals alone accounted for \$3.6 billion in sales, with multivitamins and vitamins C and E being the top sellers. Market share for 1993, the most recent year for which data is available: Multivitamins: 44% Vitamin C: 12% Vitamin E: 12% B complex: 8% Calcium: 7% Iron: 5% Other vitamins, minerals: 12%

Source: Council for Responsible Nutrition; Researched by JANICE L. JONES / Los Angeles Times

Pauling Road Address Fits New Vitamin Factory to a 'C'

BY GREG JOHNSON

MARCH 20, 1996 12 AM PT

What better place to put a vitamin factory than on Pauling Road in Foothill Ranch? After all, the street is named after the late Linus Pauling, a Nobel Prize-winning chemist who helped to make Vitamin C a household word.

What's more, Jay Patrick, the 84-year-old founder and president of Alacer Corp., counted Pauling, who died in 1994, as a mentor and friend. During the 1970s, the two men helped to popularize the benefits of taking Vitamin C.

Patrick was supposed to preside over a March 14 groundbreaking for the new, 58,000-square-foot plant and headquarters office that Alacer wants to build on Pauling Road. But Mother Nature intervened with a rainstorm, and the groundbreaking will be rescheduled at an as-yet-undetermined date.

About 100 people work at the company's existing facility in Irvine, which manufactures vitamins and dietary supplements. The new plant will turn out Alacer's line of vitamin and mineral tablets, along with a topical nutrition skin-care line.

As for the Pauling Road name, Alacer spokesman Michael Maynard says that it was a bit of "weird luck." Patrick was reviewing several possible sites in Foothill Ranch when he saw the Pauling sign that helped to clinch the deal.

*

Foothill Ranch Exec Targeted Over Toxic Waste

L.A. TIMES ARCHIVES
JUNE 24, 2000 12 AM PT
FROM ASSOCIATED PRESS

He runs a multimillion-dollar Foothill Ranch vitamin company whose products get rave reviews from actors Sylvester Stallone and Chuck Norris and New York Mets catcher Mike Piazza.

But New Jersey officials are preparing a bitter pill for 88-year-old Jay Patrick: They want to force him to pay for the estimated \$2-million cleanup at the site of a chemical company he ran for 25 years in Bergen County where about 1,000 drums of toxic solvents were found buried.

Patrick acknowledges that Tect Inc., the Northvale company where he served as president and chief chemist, buried chemicals. But he says it had no alternative and believes there's little New Jersey can do about it 32 years later.

"I can't say I'm proud that we buried those things, but there was nothing else we could do," Patrick told The Record of Hackensack. "We couldn't burn it because that would kill people, and we couldn't bury it up in the mountains. There was no alternative."

Patrick said he expects his vitamin supplement company, Alacer Corp., to take in about \$24 million this year.

That has New Jersey officials hopeful they can recover most or all of the cost of cleaning up the site.

When the contamination was discovered in March, Northvale officials assumed the company's former owner was long dead. But after Northvale Mayor John Rooney publicized the contamination, a local newspaper received an anonymous letter asserting the owner was living in California.

Rooney said that because the contamination occurred more than 30 years ago, Patrick cannot be prosecuted criminally. And there were no laws in effect at the time prohibiting the burial of solvents on an industrial site.

He said he hopes the borough or state can sue Patrick to recover costs of the cleanup, which the state is paying for out of an account funded by levies on the chemical industry.

Mothers, Fathers: Is Your Child on Ritalin?

We of Alacer believe that, in most cases Attention Deficit/Hyperactivity Disorder results from the child's greater-than-average need for good nutrition, especially Vitamin C, in the form of the mineral ascorbates. Surely the child does not suffer from a nutritional deficiency of methyl-phenidate, the true name of this drug.

Accordingly, we will furnish the first 500 parents of any child now on Ritalin, who wish to try our nutritional approach, with a free bottle of Super Gram III Jr., containing 100 Timed Release tablets, a 33 day supply. We ask only for a report on the results obtained.

We look at it this way: Some 4,000 genetic diseases have been identified. They include sickle cell anemia from which many African-Americans suffer and phenylketonuria from which a few children suffer at birth and until they are at least 12 years old. But almost no attention is given to the major genetic disease

which afflicts absolutely every living person, hypoascorbemia, the inability to produce the mineral ascorbates of Vitamin C in our own livers: (as do 99.9% of all other animals). Says E. Cheraskin, M. D., D.M. D., who has researched the subject for some 38 years and authored 23 books: "Hypoascorbemia, our genetic inability to produce the mineral forms of Vitamin C in our own bodies, is the major disease of the world. It renders us far more susceptible to disease and generally shortens our lives some 20 years or more."

Indeed, C. Alan B. Clemetson, professor of Tulane University School of Medicine and author of 3 volumes on Vitamin C, further comments: "One would never think of treating a patient with sickle cell disease or cystic fibrosis of the pancreas without taking those inborn errors of metabolism into account. Likewise, no human being should ever be treated without regard to our common metabolic defect (hypoascorbemia)." (Page 11, Volume 1, Vitamin C, C. Alan B. Clemetson)

Growing up, it is well established, in an enormous strain on the body. Indeed, many children develop growing pains, as their legs stretch upward in growth. Most children, especially those of higher intelligence, may burn up the limited amounts of Vitamin C available to them. Thus, they suffer from frank scurvy, although it may not be obvious to the pediatrician.

Stress and greater activity will themselves do this and, therefore, the consequence is that their brains are short on Vitamin C and other nutrients. This is reflected partly in an inability to concentrate adequately on any particular subject. Thus the child becomes somewhat "scatterbrained" and jumps nervously from subject to subject in hyperactivity.

We think that taking a drug such as Ritalin which has some 18 or more side effects is the wrong way to go. As with almost every disease, as Doctors Cheraskin, Clementson, and countless others familiar with the subject will tell you, a first priority is to do something about the child's great need in growing up for good levels of the mineral ascorbates.

Indeed, there are findings that ascorbate will even increase height in many children as much as one inch in less than a year of intake. (Page 4, Vitamin C: Who Needs It?, E. Cheraskin, MD, DMD, Arlington Press.)

Side Effects of Ritalin Children

Loss of appetite, trouble in sleeping, stomach pain, and weight loss, may be especially likely to occur in children, who are usually more sensitive than adults to the effects of methylphenidate. Also, there have been reports of children's growth rate being slowed when methylphenidate was used for a long time. Some doctors recommend drug-free periods during treatment with methylphenidate. (Page 1119, Complete Drug Reference, US Pharmacopeia)

"I regard it as a National disgrace," says Jay Patrick, Alacer President, "that one million or more children are given a drug during their formative years, when probably most of them need only good nutrition. They especially need the mineral ascorbates of Vitamin C."

Parents who are interested in this approach are invited to send e-mail to AlacerCorp@aol.com. They need only identify themselves, give the name, address, and age of the child, and agree to report the results obtained. They will then be sent a 100 tablet bottle of Alacer's Super Gram III jr., mineral ascorbates with multiple vitamins and trace elements, a 33-day supply. The child is to take one tablet, three times daily.

Based in Foothill Ranch, Calif., Alacer Corp. is a leading manufacturer of over 75 dietary and nutritional supplements, headed by their flagship product Emergen-C,

the best selling Vitamin C drink mix on the market, furnishing one gram (1000 mg.) of mineral Ascorbates, with 200 mg. of powerful potassium, other major minerals and B vitamins per packet. Alacer Corp. staged two World Congresses on Vitamin C, in Palm Springs (1978) and in San Diego (1991).

Alacer Corp. is America's leading producer of fully reacted Mineral Ascorbate products. Its Emergen-C Vitamin C drink mix has been the best selling Vitamin C product in health food stores for many years. And its Super Gram III and Miracle Sports Water have been industry favorites for many years as well.

By Jay Patrick

"If I get pneumonia, and am taken to a hospital, where I die, they might attach a card, as they do in Hungary, to my big toe, which would read:

"CAUSE of DEATH: Pneumonia." But I would probably have died of scurvy."

* * *

Nobel Laureate, Dr. Albert Szent-Gyorgyi, is speaking at the World Congress on Vitamin C. He is the Nobelist who received the prize for his isolation of the magic substance, Vitamin C, from the paprika pepper of his native Hungary.

Behind Szent-Gyorgyi's remarks is a simple fact that leaves most people behind the proverbial 8 Ball.

Some 50% of us already have in our bodies such avengers as pneumonococci, staphylococci, streptococci, or bacilli, which can bring on this deadly lung disease. Or we may also include influenza viruses, adenoviruses, syncytial viruses, rhinoviruses, coxsackie, cytomegalovirus, herpes simplex, and others, from our childhood.

Rather frightening, isn't it? But the Merck Manual says that the foregoing account for some 75% of pulmonary infections in schools and military recruits.

An Inside Job

Some 32 years ago, while operating a chemical plant in Northern New Jersey, I received a telephone call that my father, who lived in San Diego, was being operated upon for appendicitis. I immediately boarded a plane, and the following morning was able to greet him in Mercy Hospital, after they had operated upon him. I found that he didn't have appendicitis, but an inflamed pancreas.

However, within a few hours after greeting my father, because of the high stress of the operation, he came down with a severe case of pneumonia and died about 24 hours later. I now know that he probably died of scurvy, lack of Vitamin C, about which I knew nothing at the time. He, obviously, had the pneumonococcus bacteria already in his body, yet his resistance, at age 79, was so poor that he promptly succumbed.

Thus, you see, we don't have to "catch" any of these life-threatening diseases. Many of them are already inside of us, while our immune system holds them in check.

So, if we don't want to come down with any of these unattractive ways to die, we must do what we can to keep our resistance up. And the secret seems to be: The right lifestyle, supported by very good nutritional supplement, which absolutely must include the mineral ascorbates, the real forms of Vitamin C that most animals other than humans produce in their bodies in multigram quantities.

Here and now, is where high intake of the mineral ascorbates of Vitamin C should enter in your life to stay!

Healthy people, say The National Institutes of Health, require a body pool of at least 1500 mg of mineral ascorbates, the only form in which "C" is stored in our organs, such as:

adrenals brain eyes gonads pituitary pancreas liver

These organs and any area of the body where intense activity is to occur must, for your energy and resistance to disease, maintain a fair level of this miraculous carbohydrate which Szent-Gyorgyi has described as "the 'glue' that holds our bodies together."

I feel that the collection points for mineral ascorbates should be considered Miniature Storage Batteries, which, when "run down", leave us exhausted and almost defenseless against disease.

What Kills Most of Us

By Jay Patrick

It is obvious that the human body wears unevenly. But the most stressed of all organs are the heart and the arteries that serve it. In a 76-year lifetime, the average heart, weighing a little over one pound, will pump some 52,680,000 gallons of blood, which the arteries must carry about the body.

The coronary arteries can withstand this enormous load and the friction on the vessel wall, which are maintained only by continuous replacement of their lining, the intima. This lining must remain smoother than the finest silk for good arterial health.

But, because of poor nutrition, the new cells that try to provide a new lining every two or three days are, with advancing years, of poor quality, so the surface of the lining becomes rough and then starts to bleed.

Patching the Pipes

The body rushes to repair the holes, but, as the bleeding stops, tough, inflexible scar tissue replaces the mirror-smooth surface of the artery and makes the vessel more rigid (atherosclerosis). Then, Protein A quickly adheres to this surface, followed by cholesterol, lipids, and calcium. These products, which are essential to body function and, for perhaps 40 years, have circulated freely over a very smooth surface, now start to accumulate, forming sludge that blocks circulation, ultimately bringing on death, or the very temporary patch-up job of the heart bypass.

Yet, the cause of this arterial breakdown has been apparent for many years. In 1957, two Canadian physicians, Drs. G.C. Willis and W.J. McCormick, clearly identified it as scurvy, lack of Vitamin C, the same liver disease that, centuries ago, killed off most of the sailors who were at sea for months without fresh vegetables or citrus fruit.

Magellan, in 1519, set sail with a fleet of five ships on one of history's great voyages, the circumnavigation of the earth. Three years later, only one ship, with only 18 members of the original crew, returned to Spain, without Magellan.

"Limeys" Survive

Over two hundred years later, in 1747, James Lind, a British ship's surgeon, studied the mysterious malady and found that lemon juice contained an unknown substance that could save his sailors' lives. For lack of limes, the average ship

had to return to port within a few weeks, else the bodies of most of the seamen literally fell apart, so they quickly died. But, when the British Navy learned to carry limes (lemons) on their cruises, they could stay at sea for many months.

But foreign navies, which operated without limes, were greatly handicapped, and had to return to port within a few weeks. They could not carry out long voyages, so it is no wonder that the British navy became so successful, that Britannia Ruled the Seas for more than a century thereafter.

Finally, the magic substance was isolated by Dr. Albert Szent Gyorgyi, the Hungarian scientist, who obtained a great volume from the Paprika pepper of his native land. At first, it was called hexuronic acid----but later re-named ascorbic acid.

Now, I have frequently explained that ascorbic acid is a highly reactive substance that is short on electrons, so it is always looking for mates with which to unite. Thus, when we ingest the acid, we are engaging in a biochemical lottery, since, when it enters the stomach, it may react with whatever product is available. That's because it is only an intermediate for the neutral, mineral ascorbates, which most animals produce in their livers, and then circulate freely through their bodies.

First Things First

"What we don't see doesn't hurt us. What we don't know doesn't pain" (from the once-popular song, Please Don't Take Away My Dreams).

Yet, we great intellectuals, who can fly all over the world, peer into the depths of the cell and know its workings, create the Hydrogen Bomb, rocket to the moon, maybe clone ourselves, and so, on and on: We cannot understand that what is happening to our bodies is the same thing that happened to those ancient sailors. It is scurvy in a subtle form. We can't see it, so we think it does not exist.

We are getting more and more news about the great accomplishments in the field of genetics. Some 4,000 genetic diseases have been identified. Already, we are assuming the God-like role of correcting some of them.

Yet, two genetic liver diseases that oppress all humanity are virtually ignored. The major one is hypoascorbemia, inability to produce Vitamin C in our own livers, as do 99.99% of all other animals. Known exceptions: humans, the guinea pig, monkeys, apes, a type of bat, and a rare rat. The second liver disease from which all humans suffer is hypouricemia. We lack the enzyme uricase, which breaks down excess uric acid, the cause of gout, and converts it into harmless allantoin and carbon dioxide.

So billions and billions of dollars are being expended by research corporations to find solutions to some 4,000 different genetic diseases that affect, erratically some of our population. But very little attention is being given to the two major liver diseases that, in one way or another, affect all humans. Some attention is being given to uricase, and perhaps 50,000 studies have been made of Vitamin C, but no one really works on the problem of re-establishing production of this major substance in our own bodies. Yet mineral ascorbates participate in perhaps 1,000 metabolic functions in the body, especially as the interaction of one substance upon another is considered.

The Great Reaper

This is the liver disease from which all of us who are spared accidental death shall surely die. Why? Because we don't get the superior resistance to disease and longer life, starting, at least, while in our mothers' wombs, that the real Vitamin

C, the mineral ascorbates, provide.

So, those who take ascorbic acid under the impression that it is Vitamin C are much in error. Ascorbic acid is the intermediate form of "C", as it is present in vegetables and fruit. Humans cannot tolerate in much volume the acidity of ascorbic acid (pH 2), as it irritates the kidneys, bladder, and intestines. Yet, in the multi gram quantities we require for good health and longer life, it causes mineral-losing diuresis and diarrhea.

You may ask: How much mineral ascorbate do we really need?

I can't give you an exact formula, because it depends so much on your sex, age, life style, and physical condition. I can tell you, though, that I weigh about 168 lbs., have been taking from 8 to 14 grams daily for the past 25 years. I have not had any colds for some 23 years, as they were comparatively easy to eliminate. Avoiding attacks of the "flu" was harder, though. By stepping up my intake of ascorbates, I could usually knock them out in one to two days. However, for the past 10 years or so I have not had even one such attack.

If you are a woman under 40, you probably do not require as much ascorbate as a man of the same weight. World authority on Vitamin C Irwin Stone told me, some 27 years ago, that he believed that women produce small amounts of vitamin C in their own bodies, which accounts, he said, for their living 6 to 8 years longer than men. Cardiologists inform me that women usually start the formation of plaque about 10 years later than men, but that they often catch up with them in later life.

A Dog's Life

Perhaps you have a dog. Dogs are more fortunate than we, in that they do produce some 2.8 grams of mineral ascorbates daily, as equated to a 154 lb. human. And, as Dr. Stone pointed out to me some 26 years ago, dogs and most animals other than the human animal live 7 times their period of maturity. 2 times 7 is 14. On this basis we human animals should live 7 times our period of maturity which is 20 to 25. 7 times 20 is 140, far above the average of about 76 years.

But, if you own a dog, you will probably notice that, as he gets to be 8 or 10 years old, he starts to have problems. His skin may be affected, for instance, and bloody scale will appear. This is because his production of ascorbate is declining. But if you regularly give your dog adequate mineral ascorbates, this scale will disappear, and he, she, may live up to 20 years. (I once wrote an article: "Forget about yourself. Just Take Care of Your Dog.")

So dogs may show their lack of adequate ascorbate more outwardly than we. Obviously, our reaction in the lining of our arteries is not visible to the naked eye. Deficiency of ascorbate can appear in countless ways. I read of one famous TV star who is going blind. I am sure that she would not be going blind if she had adequate mineral ascorbates in her body, because, next to the adrenals and the brain, high concentrations of ascorbate are quite necessary to prevent degradation of the eyesight, and the high intra-ocular pressure that brings on glaucoma.

When I was nearly 83 years of age, I heard of a miraculous Ultrafast CT scan, which is about 10 times as fast as the "CAT" scan of which you may have heard. I learned that there was one of these CT scans at the UCLA Cardiovascular center in Torrance, CA.

Checking for Plaque

So I decided to go and have a cross section pictures of my arteries taken. I felt a bit apprehensive. I wondered if I had been misleading people for some 23 or so

years regarding the feeding and care of their arteries.

I climbed into the tunnel of the Ultrafast CT scan, and in about 30 seconds they took 30 different cross-section views of my arteries. The highly cooperative technician allowed my cameraman and me to watch the results as they were displayed on the screen. The coronary arteries were absolutely clear (0) of all calcium, so he told me that this was "a new record for an 82-year-old man"!

You see, calcium is the third major substance that clogs the arteries, and the only one that can be picked up by the x-ray. However, the American Heart Association believes that the presence or non-presence of calcium is a clear indication of the total plaque. Thus, I was greatly relieved.

So, I later returned to discuss this extraordinary finding with Dr. Bruce Brundage, head of the Cardiovascular Center. He quickly told me that the finding was interesting, but that it was purely anecdotal, in that an excellent result with one person was not scientific proof that it would occur with the general population. I agreed with him, so, the following week I brought back 10 of our employees who had been taking our mineral ascorbate products.

CT Scan Results

Age Normal
range CT Scan
Results

Jay Patrick	82 years old	over 800	0 calcium
Linda Tagle	76 years old	550-800	0 Calcium
Ymelda Patrick	57 years old	260-450	0 Calcium
HU	43 years old	155-310	0 Calcium
AR	42 years old	155-310	0 Calcium
JU	42 years old	155-310	0 Calcium
JE	47 years old	155-310	0 Calcium
RA	47 years old	155-310	0 Calcium
SU	57 years old	260-450	97 Calcium
EM	55 years old	260-450	155 Calcium

Of the 10 people subsequently checked out, 8 had 0 levels of calcium and the remaining 2 had low levels at which no symptoms appear.

We compared the averages of asymptomatic persons with data provided by several cardiovascular centers. This data showed that it was highly illogical that anyone in the age group covered could possibly get such astounding readings. Indeed, I challenge anyone in the world to take the same age group, which includes a 77 year old woman and an 82 year old man, and get such remarkable findings. The two of our employees who had the higher readings had not been taking their recommended dosage of 4 to 8 grams of mineral ascorbates daily, so they did not show up as well as they should. However, you will note that they were below the readings for other asymptomatic people in their age group.

Saving Smokers?

Furthermore, two of the people, much to our regret, are smokers, who outside of their work probably consume up to a pack of cigarettes a day. Thus, even these people were getting protection against a bad habit that tends to induce cancer and arterial breakdown!

Dr. McCormick reported his finding that every cigarette burns up at least 25 mg of ascorbate, so, obviously, the mineral ascorbates have certainly been compensating in some regard for the bad habit of our two smokers. Perhaps this is something that those cigarette addicts should know about! Further studies of this phenomenon

should be undertaken forthwith. (Some 46 Million people are said to be smokers).

Arrangements are being made for studies at several universities of people who take the mineral ascorbates for at least a two-year period. 100 people will receive the mineral ascorbates and 100 will receive a placebo.

Thus we are steadily proving that all the malarkey about cholesterol represents the greatest medical farce of our century, to quote one writer. We have formed The Committee for World Health to conduct a further investigation of the mineral ascorbates. As a non-profit foundation, we expect that it will get the funds to conduct much needed research that has not really ever been done.

Dr. Sherry Lewen, an English researcher, who made a remarkably thorough study of Vitamin C, reports in his book that the second liver enzyme has been given healthy men, and 25% turned up as ascorbate in their bodies. The Committee is going to see what can be done to introduce all four ascorbate pathway enzymes into the liver, so as to eliminate the need for supplementation of mineral ascorbates.

Meanwhile, I strongly recommend mineral ascorbates with the B vitamins and trace elements, timed released, as the best approach to the problem.

Scientists are steadily discovering more and more aspects in which our bodies are less than perfect. I have discussed two known liver diseases, hypoascorbemia and hypouricemia, but there are other inborn ailments that assail most or all of us. In my view, hypoascorbemia is the major ailment of all human kind. The mineral ascorbates that most animals can produce protect their bodies so effectively that, as noted, these animals live 7 times their period of maturity, whereas we live only 3.8 times. As to hypouricemia: some of us can suffer mightily from this excessive production of uric acid, which is commonly known as gout.

Now the normal conception of the gout sufferer is that of an elderly, overweight, highly dissipating person, whose big toe enlarges and makes it difficult for him to walk.

But this is a poorly formed idea of gout. Actually it is a major disease that affects countless millions, often in subtle ways. Indeed, it may develop into a bad case of gout arthritis, which can affect the entire body and, in its extremes, so damage the joints as to make one a helpless cripple.

So, I have discussed the two major, genetic diseases that affect all humanity. There are other genetic diseases from which most of us suffer that are being largely ignored. I shall give attention to them in a subsequent article. But, if the medical profession and medical research will only give more consideration to nutritional approaches to these ailments, I am confident that major strides will be made toward the better health of the world.

Are You On The Brink?

By Jay Patrick

Nearly everyone expresses dismay that some 50,000 Americans annually lose their lives in automobile accidents. Yet the Scientific American Magazine reports in its April, '97 SAM -CD Surgery, that the major annual loss of Americans up to 38 years old amounts to about 150,000 people... from another cause. It's not AIDS. And who can guess what it is? It's trauma!

Most dictionaries define trauma as: "a body injury produced by violence or any thermal, chemical, or other extrinsic agent".

This "body injury" may not be at all obvious. It may be an internal disruption of body function that cannot be seen. However, you might note that three times as

many, or some 450,000 additional people who, also, endure trauma, yet do not die, says this distinguished periodical, will, nevertheless, suffer permanent disability!

This adds up to the horrifying toll of some 600,000 young Americans annually, who either die suddenly or suffer life-long disability . . . many of whom may not have a scratch on them! (Aren't they as important as those who have AIDS?)

High Stress

Actually, Dr. Irwin Stone, world pioneer on vitamin C, pointed out to me, in 1970, that some 50% of those who die in automobile accidents suffer no real bodily injury, yet die from the trauma, the high stress of the accident. The chart furnished by The Scientific American in their excellent CD, shows the timing of 862 mysterious deaths from trauma, over a two year period, at a San Francisco General Hospital:

Almost half of those who did reach the hospital (390) were either Dead on Arrival, or died within half an hour. No one in our hospitals knows what to do for them! (Many do not get to a hospital, but go directly to the morgue.) The "wild" aspect of these findings is that the injuries to these persons are not regarded as intrinsically life threatening. Thus, the deaths are identified as due to trauma.

Some 27 years ago Dr. Stone told me that about 50 percent of those who die in automobile accidents, die not from any substantial injuries, but due to the high stress, the trauma, of the accident. Stone felt that, accordingly, it is of high importance that accident victims get immediate help. Thus, he believed that prompt intake of vitamin C, which is the outstanding anti-stress agent in the world, preferable in the form of mineral ascorbates, would save many lives.

"Researchers found," he said, " if one just jingles keys in front of a rat's cage, that, in response to this stress, the rat will quadruple its output of Vitamin C". This illustrates an animal's need for ascorbate, in order to deal with emergencies... and we are animals, too, and have animal bodily needs. Yet 99.9% of all other animals produce the mineral ascorbates of Vitamin C in their own bodies, protecting them against countless ills against which we have almost no protection.

The Scientific American estimates that about three times as many people die annually from Trauma (about 150,000) as from AIDS (about 50,000).

The Major Killer

Indeed, at the first World Congress on Vitamin C which I staged in Palm Springs in 1978, Dr. Stone's topic was Sudden Death. All of this made sense to me, so I introduced at the World Congress where Stone spoke, a new product, named Emergen-C Drink Mix. Emergen-C forms the highly effective mineral ascorbates of vitamin C, and tends to get them very rapidly into the body. It has been the outstanding nutritional drink of America for some 18 years.

As the powder effervesces in water, it forms 7 mineral ascorbates, plus about 25 other mineral complexes, which get nutrients into the cell almost immediately. But daily intake of C, preferably in Timed Release form, with B vitamins and other trace substances (Super Gram III), can probably help enormously to avoid such emergencies. Of course, it will, also step up the immune system, as well.

Stone felt that some 98% of the population was suffering from sub-clinical scurvy

(lack of vitamin C). He said it was sub-clinical only because the doctors cannot recognize it for what it really is, frank scurvy, ready to show itself when sudden, high stress is thrust upon the body, burning up what residual C is available to continue its physiological operations. Since almost half of the 862 deaths shown on the chart occurred within the first half hour of hospital entrance, certainly some quick action was needed to save these lives, yet obviously, no such quick action was taken, or is daily being taken, with such everyday cases.

Dr. Stone also told me that animals who, unlike humans, can produce vitamin C in their own livers, produce it in 5 stages. After the 4th stage, in reaction to 4 enzymes, the glucose circulating in their blood becomes ascorbic acid, but it then goes through a 5th stage in which the ascorbic acid reacts with minerals present in the liver to form mineral ascorbates. These are neutral forms of C which, unlike the highly acidic, ascorbic acid, are non-irritating to the blood vessels of the body. They are also picked up more quickly by body cells, since the minerals act as ascorbate transporters to carry this vital nutrition throughout every area, from head to toe.

The Terror of Trauma

I regard this as a very terrifying situation: That so many thousands of our fellows, when subject to some stress, without visibly sign of physical injury, may die in a matter of minutes. It's hard to believe, but it's been documented for many years. In fact, I have discussed the subject at great length with a distinguished physician and re-searcher who has been a close advisor for some 25 years, Dr. Abram Hoffer of Victoria, B.C. It was he and another Canadian researcher, Dr. Humphrey Osmond, who first learned, some 35 years ago, that most schizophrenia can be cured or checked with high doses of Vitamin C and niacin. Still carrying on a very active practice, at 79, Hoffer recently said:

"Many years ago, when only crude measures were employed, it was found that animals exposed to stress such as throwing them into cold water, would lose all the vitamin C from their adrenal glands. As with humans, the adrenal cortex is the animals' major depository of Vitamin C, which may seem strange. Why is it there? I think it is there because it surrounds the adrenal medulla which is full of adrenaline. The adrenaline released from the medulla, the center of the gland, must travel through the cortex. I think the ascorbate is used to protect the adrenaline from oxidation, so that it can be released in its true state, not as some by-product such as adrenochrome, which induces schizophrenia.

"I am convinced," he continues, "that if everyone were to take enough ascorbate, they would not die as frequently as they now do from severe shock, excluding major loss of blood or organs. I think Irwin Stone was correct. Several years ago, I tried to get the local hospital to place all patients on the surgical waiting list on at least one gram a day, telling them that they could drastically cut down deaths and the number of days in the hospital, but they would not even consider this. I believe vitamin C is the major anti-stress nutrient in the body. Furthermore, if you take "C" as the neutral mineral ascorbates, your body can easily tolerate many, many grams of this live-saving nutrient." What Causes Sudden Death?

One important piece of information that is missing from the S.F. Hospital report; What were the life styles of these 862 who went so suddenly to their death?

Alas, this information is not readily available. But I will bet that smokers greatly predominated. Many years ago the pioneering Canadian physician, Dr. W.F. McCormick, calculated that each cigarette burns up about 25 mg of ascorbate in the average body. So, a few cigarettes can quickly put one in a deficit condition regarding his 'C' level, especially in his brain, the master cylinder that is

secondary only to the adrenal glands as a storage point for ascorbate.

Anyway, I'm going to ask the Committee for World Health to conduct an investigation of the life habits of all people who end up so suddenly in the morgue without any substantial body injuries. Such information, in fact, should be an integral part of every coroner's report.

Taking the Breath Away

In Israel, two researchers, Biochemists Herman Soreg and Alon Friedman of Hebrew University recently unearthed a great clue as to a major brain dysfunction that may occur when the body is short on mineral ascorbates.

The Israel army was concerned that its soldiers might be subject to a chemical attack that interferes with the function of an enzyme, acetylcholinesterase. So the soldiers administered pyridostigmine, a drug that protects against such chemical attacks. Although the attacks never took place, after the soldiers had been in combat, the drug bridged the blood brain barrier, and induced serious side effects, something it was not supposed to do, reports the May '97 issue of Discover.

Puzzled by this result, Soreg and Friedman immersed mice in very cold water to stress them, then injected blue dye, which promptly went to the supposedly impregnable brains of the animals.

This is a rather revolutionary finding, since it opens up the possibility that, under conditions of severe stress, the human brain may be subject to invasion from which it is supposedly immune.

Biochemists have long since been aware that the brain protects itself with the blood brain barrier against countless potentially damaging substances present in the normal body. But, if stress can induce the brain to lower its bars, the menace that trauma presents to mental and physical well-being can be greatly intensified.

Thus, the brain which has lost all or almost all of its ascorbate protector appears to have a much greater vulnerability to total break-down, with deadly consequences. I surmise that this sudden admission to the brain of such usually inadmissible, potentially poisonous substances may be one of the principal factors in the high incidence of sudden death.

But why don't other animals, including the young ones, experience sudden death under the trauma of stress? That must be because more than 99.9% produce high levels of ascorbate in their own bodies. As I have previously mentioned, just jingle keys in front of a rat's cage, and it will quadruple its output of ascorbate to counter the stress.

panacea: a remedy for all disease or ills.

Panacea: an ancient Greek Goddess of Healing.

Long ago, Dr. Irwin Stone told me "ascorbate is the only known panacea. No matter what one's ailment, it helps to mitigate or cure it." Ascorbate works, he explained, in countless ways to protect the body and re-establish its full function. I feel that it has remarkable ability to restore balance to the cell, the unit of life.

Another ascorbate researcher, Dr. Frederick Klenner, of Reidville, N.C. found that intravenous administration of massive amounts of ascorbate could bring about the complete recovery of patients suffering from an enormous variety of ailments, ranging from snake bite to encephalitis of the brain. His results are all

documented in a book.

The Real "C"

Thus, it became evident to me, some 25 years ago, that the only real vitamin C is the type of C that animals produce in their own bodies, mineral ascorbates. And so I abandoned the chemical business which I had headed for some 30 years in New Jersey, and returned to my native California, determined to produce the mineral ascorbates so essential to full health and long life.

Yet most of the world is not awakened to this fact: If you try to take the level of "C" you require, which should be many grams, generally, you will find that you cannot tolerate ascorbic acid in the multi gram quantities your body really needs. Ascorbic acid has a pH of about 2, which is highly irritating to the kidneys and bladder and tends to pull minerals out of the body, rather than introduce them, as is the case with mineral ascorbates.

Nobel Laureate Linus Pauling learned this, but he still kept on advising people to take the "cheapest "C" available, even though he reported highly adverse findings in the book "Cancer and Vitamin C", which he co-authored with Dr. Ewan Cameron, in that high intake (10 grams) of ascorbic acid induced "heartburn, flatulence, nausea, and especially diarrhea".

So I had a good reason for naming our new product Emergen-C which, when immersed in water, immediately forms the mineral ascorbates.

In 1989 I noted a San Jose, Calif. Mercury newspaper article which stated: "Asians In Their 30's Are Dying Mysteriously". I wrote the paper, explaining that their cause of death was quite obviously scurvy, but received no reply. Two years later, in 1991, after returning from staging the Second World Congress in San Diego, we had a most dismaying occurrence. A 32-year-old Filipino had been working for us as head of our maintenance department for about two years. Since we had moved to Irvine, he had a long distance to drive, so he chose to work a ten-hour, four-day week, which put extra stress on his body. He also declined to take any of our vitamin C products which we were producing.

On a Wednesday, this young man rose at 12:00 midnight from his bed, only to promptly die. I attended his funeral, where they spoke of all the many things he had been doing for his fellow Filipino's in the community, which, of course contributed to more stress on his body.

After the funeral, I attended a luncheon in the home of the sister-in-law with whom he and his family lived. Spread before me was a very long table, all laden with boiled food. His sister-in-law, an anesthesiologist, explained that while she might take half an hour to prepare a meal, he took three hours, obviously boiling everything to death...

This was further proof that he had cooked out all the residual vitamin C in his food, which seems to be a common practice among Asians. I now had the explanation of his death, scurvy, as well as the deaths of many other Asians, Sudden Death, by the book of Dr. Irwin Stone.

Baa, Baa, Baa!

Rudy Vallee, Jay Patrick, and Ymelda Patrick

When he was about 82 years old, the famed old-time singer, Rudy Vallee, the Bing Crosby of his time, (The Wiffenpoof Song, The Stein Song) got in touch with me and

asked for assistance with his diet. We supplied him with our mineral ascorbates and other products for about three years. Indeed, my wife and I attended, in 1985, a Thanksgiving dinner for twelve in his Hollywood home, which proved to be his last Thanksgiving.

However, he later had a fall on his estate and had to have 13 stitches taken in his head, although no bones were broken, probably due to his good diet. But, he was not in touch with me over a period of some three weeks. I learned that an x-ray technician had discovered that he had a tumor on his esophagus. Rudy decided to have the tumor taken out, without mentioning it to me, although I would have warned him to maintain a high level of ascorbates both before and after the operation.

He underwent the operation at a well-known Los Angeles hospital. The operation was a "success" and the tumor benign, but he promptly had a stroke that left him in a coma! I visited him, although he was still unconscious, but he died two weeks after the operation. I later learned that he had no ascorbate before or after the operation, as the hospital had taken it away from him, so he suffered the rebound effect of total deprivation of "C" without any of the supportive action which he needed in a period of great stress. Thus, I believe his brain gave in to the shock, so he suffered a very serious stroke.

Equal Problem, Different Result!

Interestingly, when having a routine examination about three years later, I learned that I, too, had a tumor on my esophagus, although it had never bothered me. Indeed, it may have been there for more than 25 years. However, I decided to have it taken out while I was in condition good enough to sustain an operation. But I was much concerned that good blood for transfusion be available, since I did not regard the blood banks at that time as being too trustworthy.

The first surgeon I consulted in Anaheim regarding my request for good nutrition was a very imperious fellow, who told me very emphatically that his patients would take what he told them they should take and nothing else. So I immediately discharged him and turned to Loma Linda Hospital, near San Bernardino, California. The fine surgeon there readily agreed that I could take all of the vitamins I wished, both before and after the operation.

I accumulated four pints of O Positive blood with the Red Cross, three from my stepchildren and one from me, which were sent to the hospital for my specific use. . I, also, was determined to maintain high levels of mineral ascorbate, both before and after the operation, since I did not want to follow the death route taken by my friend Rudy.

So I went in for the operation on a Friday morning and took some 10 grams of mineral ascorbates with B Vitamins, Timed Release. They operated at about noon. But this was a rather difficult operation, which involved spreading apart the ribs on my left side.. However, my blood coagulated so readily that not one drop of blood was needed for transfusion.. I walked away from the hospital the following Tuesday morning, essentially very well recovered from the operation.

Thus I have reported on two operations of the same type, on men in their 80's, with opposite results. You may choose which way you care to go, if you require an operation.

What Helps Keep Us Alive

I have re-established the Committee for World Health as a non-profit foundation to investigate more intensively the major ailments of man, especially the Two Genetic Liver Diseases, hypoascorbemia (inability to produce vitamin C in one's own body),

and hypouricemia (inability to produce uricase, which inactivates the uric acid that induces gout and the crippling disease, gout arthritis).

The Committee, under the direction of molecular biochemist, Dr. Richard Dana, is trying to organize in San Diego a program under which patients arriving at a local hospital will be given at least two grams of mineral ascorbates, immediately, upon arrival. The ascorbates will be given either as an effervescent drink, a tablet, or intravenously. Once this program has been followed, I predict it will clearly become evident that deaths and disability from trauma can be radically reduced. The period of recovery will also be shortened mightily, you may be sure. Indeed, I hereby challenge the hospitals to give this program a try. Certainly, it can help to keep their patients around a little longer, instead of their being carted off to the morgue.

This program will help to prove to a disbelieving medical profession what can be done about the disabling liver disease, hypoascorbemia, that handicaps all humankind. However, such emergency procedures, though helpful in saving lives, are not really enough. All of us should be taking from 4 to 10 grams daily of mineral ascorbates in timed release tablets, which would protect us against the situations that bring on trauma and strengthen our resistance to disease, as well.

But I must tell you, at this juncture, that the intransigence of the medical profession is almost beyond belief. Most doctors and most medical researchers are so wrapped up in their strictly drug approach, where the big money is, that it is, still, most difficult to break through the Wall of Authority that they have imposed on our very lives. Thus, the chief concern of so many in the profession is to protect their turf, rather than to really help their patients. And the average doctor is, himself, so immersed in this drug, patch-up approach that he doesn't live as long as his patients: He dies at 57!

An Exceptional Physician

A notable exception is Dr. William Saccoman of El Cajon, who has utilized nutrition in his practice for some 20 years. I wrote about him some 17 years ago. The wife of an Orange County publicist had been in an Anaheim hospital for several weeks, with a badly swollen leg from phlebitis, about which they could do nothing. In fact, they feared that the clot in her leg might loosen, travel to her heart, and kill her. But they didn't know what to do about her case, so, astoundingly, they asked that she leave the hospital. At my suggestion, her husband picked her up in his car, and drove her to Dr. Saccoman in San Diego, who promptly put her in a hospital. There, he gave her, alternately, tablets of mineral ascorbates and niacin. Within three days she left the hospital, a well woman.

But, some months later, after the doctor had performed a few more miracles of alternative medicine, he was told that he was no longer accredited to the hospital, so he could not place any more patients there. In subsequent years, as Saccoman proceeded to employ his knowledge of good nutrition in two other San Diego hospitals, he was, for similar reasons, denied their facilities for his patients. Understand, though, this is par for the course. All over the U.S., doctors have even lost their licenses to practice simply because their methods did not conform to the generally accepted procedures of their peers. Since most of their peers know almost nothing about nutrition, a great injustice to the doctors who do, and to their patients, obviously ensues. Thus does a Medical Monopoly, supposed established to protect the public, serve, instead to abuse the public and to enormously step up the death rate and the failures of doctors to perform for the public good.

Cop Stress

Dr Hugh Riordan, who heads The Center for the Improvement of Human Function, in

Wichita, Kansas wondered about what happens to blood levels of ascorbate under stress. So, he checked the ascorbate blood levels of a group of Wichita policemen, just before they were to go on strenuous night duty. He found their ascorbate levels to be fair. Then he checked the policemen again, after 8 hours of stressful duty. Ascorbate blood levels: undetectable.

Stallone Survives

In producing the first Rambo film, Sylvester Stallone underwent many days of strenuous agony.

I interviewed him for three and a half hours after he had completed the picture, in his California home. He felt I had saved his life with Emergen-C. You can see the story, as it appeared in Sports Science. ()

On The Edge

Obviously, the average person is tottering on the edge of a precipice, unaware that a minor accident can easily occur that can quickly destroy him, or immobilize him for life.

A word to the wise is sometimes sufficient.

Cost Analysis: The reported cost of treating one case of AIDS latest, highly touted, drug is \$15,000 annually, or \$41.10 a day. However, we believe Death from Trauma can probably be prevented for as low as 16 cents a day.

Try our mineral ascorbates! We know that you will feel a clear benefit the very First Day !

In producing the first Rambo film, Sylvester Stallone underwent many days of strenuous agony.

Jay Patrick interviewed Sylvester Stallone for three and a half hours after he had completed the picture, in his California home. He felt that Jay Patrick had saved his life.

See the story, as it appeared in Sports Science:

"For a while I thought I was going to die. But I took a packet of Emergen-C every 45 minutes or an hour"

-----Sylvester Stallone

Rambo's First Aid -

Tougher than tough. America's rough guy Rambo faced heavyweight horrors and conquered them all. A little more human Stylvester Stallone had a harder time of it. In First Blood he had to plow through icy waters and torrential downpours and often slept outside in a wind-chill factor of 45 degrees below. Rambo may have taken it all in stride, but Stallone the man credits his survival to Emergen-C a new type of vitamin C drink made by the Alacer Corp.

When water is added to the effervescent drink mix, Emergen-C provides 1000 milligrams of C with B vitamins and 25 mineral ascorbates and complexes that are readily assimilated by the body-including potassium ascorbate, a radical new combination of Vitamin C and on of the body's most important minerals.

Potassium is the major mineral in the body's cells, and it plays a crucial role in metabolism. It's also the first element lost when the body is under stress.

Using the VIVO SOFTWARE PLAYER you can listen to Sylvester Stallone talk about how Emergen-C and SUPERGRAM helped him: [Click Here](#)

Try our mineral ascorbates! We know that you will feel a clear benefit the very First Day ! We'll send you a 36 packet box of Emergen-C Effervescent Drink Mix (1000 mg of mineral ascorbates per packet) and a 40 Tablet bottle of Super Gram III (1000 mg of Timed Release Mineral Ascorbates per tablet, plus B Vitamins, 7 minerals, 8 mixed bioflavonoids, in a base of Ginko Biloba and over 200 trace substances). You'll get enough of these two break-through products to provide you with Two (2) grams of Mineral Ascorbates daily for 36, plus days. Send \$19.95 for this, double dose, 36-day supply, with extra data, postpaid, U.S.

PLACE YOUR ORDER TODAY!
DON'T WAIT FOR AN EMERGEN-C!

Frequently Asked Questions about Emer'gen-C:

Emer'gen-C is Alacer's top selling product. This effervescent drink mix is a nutritional supplement that offers you 500 to 1,000 mg of Vitamin C in the form of Mineral Ascorbates. Mineral Ascorbates can be absorbed by the body in much higher levels and are free from the side effects associated with ascorbic acid, the 'typical' Vitamin C, such as upset stomach and heartburn. While packaged, Emer'gen-C is in the form of ascorbic acid. However, once it is mixed with water, a chemical reaction takes place converting the acids into a nearly neutral pH effervescent drink of Mineral Ascorbates.

Q: How many flavors of Emer'gen-C are there?

A: We currently produce 14 different flavors or mixtures of Emer'gen-C. They are, Lemon/Lime, Tangerine, Raspberry, Cranberry, Orange, Tropical, Strawberry for Kids, Strawberry for Adults, Tangerine Power for Joints, Coffee, Mixed Berry Hi-Calcium, and our three unsweetened formulas, Lite, Lite with MSM, and Lite Triple Power with Glucosamine and Chondroitin.

Q: What is the difference between regular Emer'gen-C and your Lite Emer'gen-C flavors?

A: The three "Lite" formulas are unsweetened and are available in a light, neutral citrus flavor. Also, the Lite formulas contain only three B Vitamins, B3, B12, and Folic Acid.

Q: Is Emer'gen-C Gluten free?

A: Yes. All of Alacer products are Gluten Free.

Q: What is Aspartic acid?

A: Aspartic acid is a naturally occurring amino acid; it is not a sweetener.

Q: What is MSM and what does it do?

A: MSM is a non-metallic sulfur compound that occurs widely in nature. It is nontoxic, physiologically active, and possesses some anti-inflammatory properties.

Q: Is "Aspartate" the same as "Nutra-Sweet?"

A: No. People often confuse aspartate with Aspartame, commonly known as Nutra-Sweet or Equal, the artificial sweeteners. Aspartate, also known as aspartic acid, is a naturally occurring amino acid, a building block for proteins and an important

metabolyte.

Q: How much 'sugar' is in Emer'gen-C?

A: Except for our unsweetened Emer'gen-C Lite formulas, Emer'gen-C is sweetened with fructose with the amount ranging from 5 to 6 grams depending upon the flavor. The highest calorie count in any Emer'gen-C flavor is 30 (which is Emer'gen-C Strawberry for kids). The highest calorie count on the basic Emer'gen-C is 20 calories.

Q: What are Glucosamine and Chondroitin?

A: Glucosamine Sulfate is derived from shellfish and helps to rebuild damaged cartilage. Chondroitin Sulfate is derived from animal cartilage and reduces the breakdown of existing cartilage. In addition, both Glucosamine and Chondroitin act as an anti-inflammatory. Alacer Corp. supplies Glucosamine and Chondroitin in its Tangerine flavored Power for Joints Emer'gen-C sweetened with fructose as well as in its unsweetened formula, Triple Power.

Q: What is different about your Nutritious Coffee Emer'gen-C?

A: The main differences are that this Emer'gen-C product contains a level teaspoon of Columbian Decaf Coffee, has no calories and contains 500 mg of Vitamin C as Mineral Ascorbates rather than the usual 1,000 mg found in our regular product.

Q: Is it OK for someone who is pregnant to take Emer'gen-C?

A: While we do have information that many pregnant women take Emer'gen-C without complications, this is a question that should be answered by your physician before using any product of this nature.

Q: Where can I buy Emer'gen-C?

A: Emer'gen-C is sold at most health food stores, grocery stores, and pharmacies. For a list of the major retailers that carry Emer'gen-C or to find a health food store or health practitioner that carries it please go to the "Retailers" page at this website.

Q: I have heard that Emer'gen-C is a good product to take for a 'hangover'. Is this true?

A: That has been reported to us as a true statement. Due to the dehydration effect that alcohol can have, the electrolyte replacement aspect of Emer'gen-C can help rehydrate the body and help with this problem.

Q: Will Emer'gen-C cure the 'Common Cold'?

A: While we do not make that specific claim, some of our customers claim that Emer'gen-C helps them maintain a more healthy body and consequentially may help you when you experience cold symptoms. There is no known 'cure' for the common cold.

Q: How long will my unopened packages of Emer'gen-C maintain their potency?

A: Under normal conditions and not exposed to extreme heat or cold, Emer'gen-C has a shelf life of 24 months.

Q: How many packets of Emer'gen-C should I take in one day?

A: We recommend two or more packets a day, however it depends on the individual's age, weight, health, and physical activity. We sponsor a number of athletes and hear of active people every day who take a much higher quantity.

Q: Why do you have a Strawberry for Kids and a Strawberry for Adults Emer'gen-C? What's the difference?

A: The Strawberry flavor is our 'Multi-Vitamin' product. It contains the A, B, C, D, E and K Vitamins. The difference between them is in the dosage of vitamins. Also, the Strawberry for Kids is sweeter tasting.

Q: In light of this, how many of the 'regular' Emer'gen-C packets are recommended per day?

A: Again, we recommend that you take two or more packets each day to help you maintain a more healthy body. Many of our customers report that they will take an Emer'gen-C when they become tired or 'run down', as the B Vitamins mixed with the 7 Mineral Ascorbates help restore their energy. Some typical use patterns include:

One packet in the morning to get going.

One packet at that 2:00 pm - 3:00 pm energy low many people experience.

One after exercising to replenish lost electrolytes and rehydrate the body

Q: Will I have trouble sleeping if I take Emer'gen-C late in the day?

This is not a common problem, but just as some people experience restlessness or sleeplessness when doing cardio exercise late in the day, this depends on the individual. There are no stimulants like caffeine or ephedrine in our product, so this should not be an issue.

Q: Is Emer'gen-C OK for persons with diabetes?

A: We make three Emer'gen-C "Lite" formulas without sweeteners of any kind for our customers with Diabetes. Please consult with your personal physician to determine if our other flavors with Fructose are ok for you.

Q: What is the source of energy?

Minerals assist the body with energy production.

Vitamin C supports adrenal function and helps with fatigue and slow metabolism. When minerals and Vitamin C (ascorbic acid) are combined in the same molecule, Mineral Ascorbates are formed. The advantages of linking minerals with ascorbic acid are meaningful.

Ascorbic acid, by itself, is quickly absorbed through the intestinal tract and afterwards, excess quantities are rapidly excreted from the body. In fact, studies show that approximately 73% of ascorbic acid ingested gets removed from the body in less than 24 hours. In contrast, only approximately 5% of the Mineral Ascorbates are eliminated during the same time period.

It is this almost complete absorption of these energy nutrients by the body's 70 trillion cells, in combination with the instant absorption provided by the unique delivery system of effervescent Emer'gen-C that delivers the SUPER ENERGY.

B12, in particular, is the "energy" vitamin, as it increases energy level, whether obtained from eating B12 foods or from supplemental use.

Alpha lipoic acid plays an essential role in cellular and muscular energy production by helping the body burn sugar.

Q: Can you overdose on Vitamin C?

A: a. Vitamin C is water soluble and nontoxic even in large doses. Mineral Ascorbates, our nonacidic form of Vitamin C, is generally free of the side effects common in taking large doses of ascorbic acid Vitamin C, such as; diarrhea, nausea, and heartburn. But, it is possible to over saturate the body's tissue fluids with Vitamin C, with diarrhea being the most common and usually the first signal.

Q: Why do you recommend 2 or more packets a day? That is more than 2000% of the RDA for Vitamin C! Doesn't the body just eliminate the extra?

A: Ta. The body will eliminate what it can't absorb through the urine. However, Vitamin C, when reacted with minerals and transformed into a nonacidic state, is absorbed by the body by up to 85 to 95% more than ascorbic acid.

Q: What is the source of each ingredient? Are they synthetic?

A: a. Some of the ingredients are from natural sources and some are synthetic. Synthetic vitamins have the same molecular structure as natural vitamins and are indistinguishable by the body.

Q: What is the source of the natural colors and flavors?

A: a. The colors and flavors are derived from natural sources. Emer'gen-C does not contain MSG or artificial colors and flavoring.

Q: What is the age group for the Strawberry Emer'gen-C for Kids?

A: Age 4 and older, but always check with your physician first.

Q: Is it safe for children if they are already taking a multivitamin?

A: a. Some vitamins are fat-soluble and can be toxic if taken in excess. This is a question best answered by your physician or pharmacist.

Q: Are all the Emer'gen-C formulas considered a multivitamin or just the strawberry?

A: a. Just the strawberry is considered a multivitamin. The other Emer'gen-C formulas don't contain all the necessary nutrients to be classified a multivitamin.

Q: Isn't there a lot of sodium in Emer'gen-C?

A: a. A single Emer'gen-C packet only contains 60 mg or 3% of the daily value (2,400 mg for 2,000 calorie diet).

Q: I am very active and have knee problems. How many packets of Power for Joints or Lite Triple Power can I take a day?

A: a. It is generally recommended that an individual takes, 1,500 mg of Glucosamine and 1,200 mg of Chondroitin daily. That's the equivalent of 3 packets daily

Q: Can I put this in tea or coffee?

A: a. Yes. It is recommended that Emer'gen-C be used in combination with water, however; our studies indicate that you can add Emer'gen-C to tea, coffee, and juice without loss of any significant nutritional value.

Q: Will the ingredients still be active if I carry it around in my water bottle for a few hours?

A: a. Although Emer'gen-C tastes better if you drink it immediately, it will remain effective for 6-8 hours, and longer if refrigerated.

Q: How do I know if I should take MSM or Glucosamine/Chondroitin for my joint aches?

A: a. MSM is commonly used as an anti-inflammatory, while Glucosamine rebuilds cartilage and Chondroitin replenishes the fluid between joints. Both act as an anti-inflammatory

What Most People Don't Know About Vitamin C

By Jay Patrick

Looking for the Real Vitamin C? It isn't Ascorbic Acid! Ascorbic Acid is only an intermediate form present in many fruits and plants. Suppose you take Ascorbic Acid in the quantity you need to protect yourself against aging, cancer, heart attack, stroke, arthritis, and cataract - that's maybe 4 to 10 grams a day. (Archives, National Academy of Sciences, August 1989) You'll find that it brings your urine down to the acid level of 4 - 4.5 pH, irritates your kidneys and bladder, and causes with its diuretic action, the loss of valuable minerals such as potassium, calcium, magnesium, manganese and zinc, which are quite essential to life.

"As a result of ingesting 10 grams of Vitamin C (as Ascorbic Acid) a day some of these healthy individuals developed heartburn, flatulence, nausea, and especially diarrhea, and were forced to withdraw from the experimental study..." (from Cancer

and Vitamin C, by Ewin Cameron and Linus Pauling).

If they had used Mineral Ascorbates, there would have been no such reaction. Mineral Ascorbates have countless advantages over pure Ascorbic Acid or single ascorbates such as Calcium Ascorbate.

99.9% of all animals in the world produce their own Vitamin C in the form of Mineral Ascorbates. Unfortunately, humans suffer from a genetic defect, hypoascorbemia, an inability to produce Vitamin C in our own bodies. Only a few other animals are known to share this problem which humans: guinea pigs, monkeys, apes, and a type of bat.

This may greatly explain why humans don't live so long as they might. A dog matures at 2 years and lives at least 7 times his period of maturity, or 14 years. Humans mature at 20 to 25 years. Seven times 20 equals 140 years, which would appear to be our life potential, if we could produce ascorbate in our own bodies.

Next to the skin, the liver is the major organ of the body. Animals who produce ascorbate react the glucose circulating in their blood with four liver enzymes with produce Ascorbic Acid. But this Ascorbic Acid is never circulated in the body. It immediately reacts with minerals present in the liver to form Mineral Ascorbates of potassium, calcium, magnesium, manganese, molybdenum, zinc, and other trace elements. These are neutral mineral ascorbate transporters, as well as ascorbate transporters to some 70 trillion body cells.

Do You Know That There Are Two Kinds of Vitamin C?

By Jay Patrick

1. ASCORBIC ACID:

This form of Vitamin C is found naturally in citrus fruits, hip berries, acerola, fresh tea leaves, and peppers. It has a pH of 2 to 3, which is clearly on the acid side. This acid can be tolerated in humans at varying levels, ranging from 200 mg. to 2,000 mg. daily. Usually, gram quantities lower the pH of the urine from the norm of about 6.8 to 4. to 4.5. This is increasingly irritating to the kidneys and bladder, inducing a strong diuretic action, which results in a marked loss of valuable mineral from the body, diarrhea, flatulence, nausea, and heartburn. (Cancer and Vitamin C, Ewin Cameron and Linus Pauling)

Since ascorbic acid is an unstable, highly reactive substance, it may react, instead, with countless other materials, especially in the stomach. This means that the acid may be used inefficiently in the human body. It is, indeed, a highly active form of "C" which is not always accepted by body cells, and, as stated, may rapidly go to the kidneys and bladder for excretion from the body.

2. MINERAL ASCORBATES:

These mineral forms of Vitamin C are the basic versions utilized by all animals that, unlike humans, can produce "C" in their own bodies. (Only humans, the guinea pig, the monkey, the ape, and a type of bat have been shown to suffer from this genetic disease, hypoascorbemia.)

With four enzymes in their livers, 99% of all animals in the world manufacture ascorbic acid. But, in a fifth stage, which is often ignored, the acid reacts with the minerals present in the liver to form mineral ascorbates.

Actually, the name Vitamin C is a misnomer, according to Dr. Irwin Stone, world authority on the subject. Vitamins are required by the body in only microgram or milligram quantities, whereas mineral ascorbates are required in quantities of many grams, if the needs of the human body are to be fully met.

Into The Cells

These neutral, mineral ascorbates are both mineral transporters and ascorbate transporters. Thus, they are rapidly accepted by some 70 trillion cells of the human body, which require both minerals and ascorbate for survival.

This means that, instead of losing minerals vital to life such as potassium, calcium, magnesium, manganese, molybdenum, zinc, and chromium, as with ascorbic acid - these sustaining substances are being added to body cells to help them maintain the equilibrium that is vital to good health and survival. In fact, Vitamin C can be stored in organs such as the adrenals, the brain, and the heart only as mineral ascorbates.

Stored Life Savers

In contrast with the wasteful and inefficient ascorbic acid, the neutral mineral ascorbates are undoubtedly the most efficient form of Vitamin C available, as they can quickly get into the cell, the unit of life.

In the cells of major organs, these enormously versatile Life Savers are stored for their most effective use, as required, to meet both continuous and emergency needs of the body. Thus, the mineral ascorbates have the capacity to increase greatly the fantastic protective and energy enhancing power of Vitamin C, which among perhaps 1,000 interacting functions in the body, is essential to the production of adrenalin, the power hormone that we expend so rapidly, especially in stressful situations.

10 Benefits of Timed Release, Fully Reacted Mineral Ascorbates

By Jay Patrick

Critics of megadose intake of Vitamin C state that enormous amounts of the substance spill over into the urine. There is considerable truth to this statement, especially under some of the following circumstances:

If the form taken is ascorbic acid, which, especially at high levels, is irritating to the kidneys, bladder, and urethra.

If the intake is suddenly increased. In such cases, the cells have not had time to get accustomed to being offered such high levels of "C," so they are not ready to accept it, and it heads for the kidneys.

If the ascorbic acid is in the form of a powder, liquid, or non-timed release tablet. In such concentrated form, without minerals, the substance hits the cells too suddenly to be well picked up.

On the other hand, in animals that produce "C" in their own bodies, the ascorbic acid produced in the liver is promptly reacted with minerals before circulation in the blood stream. Such mineral ascorbates are more readily accepted by body cells because the minerals often serve as ascorbate transporters to aid in assimilation of the ascorbate by the cell.

Further, the much preferred approach is to take most of one's "C" as mineral ascorbates as timed release, since this form provides the following benefits:

1. Interacts With Entire GI Tract

No more than 25% of the ascorbates present in a suitably timed tablet should be dissolved in the stomach. The 75% balance should be timed to go on, as can best be managed, past the short, highly oxygenated duodenum at the beginning of the small intestine. Dr. Sherry Lewin points out that much degradation of "C" can occur in

this short section, that timed release "C" can go through the area with minimum loss, for better assimilation in the remaining 27 feet or so of the digestive tract.

The pancreas secretes large quantities of bicarbonate of soda as the food enters the intestines, producing a mildly alkaline media that is unlikely to cause much disassociation of the ascorbate complex. From there on, the benefits of contact of the neutral, mineral ascorbates with the trillions of receptive cells lining the remainder of some 27 feet of neutral digestive tract through both small and large intestines (the duodenum, jejunum, the ileum, the ascending colon, the transverse colon, the descending colon, the sigmoid colon), all the way to the rectum and anus... can be quite substantial.

Surely the protection of mineral ascorbates all the way through the digestive tract to the rectum should do something to prevent the development of hemorrhoids. (Judging by the commercials, this seems to be a very prevalent ailment. Even Jimmy Carter had to go into a hospital in January of 1982 for a hemorrhoid operation.) Surely, too, a good steady, daily level of these ascorbates should be of great benefit in preventing intestinal cancer, among other things.

2. Compensates For Different Rates Of Digestion

Mineral ascorbates should be properly timed for steady release over a period of approximately 8 hours. This means that, instead of being dumped in one mass in the stomach alone, there are many different sites for assimilation of these more stable and effective forms of Vitamin C.

But tossing any form of "C" into the stomach is to plunge the highly reactive substance into a maelstrom, a tumultuous, highly acidic bag through which peristaltic, mixing waves act about every 20 seconds to blend food with hydrochloric acid and a variety of gastric secretions.

As with any type of "C," but, especially, with ascorbic acid, utilization of these substances is a biochemical lottery, which varies greatly from minute to minute, depending much on the food, acids, enzymes, and other material therein, which can react favorably or unfavorably with this vital but unstable sustainer of life.

Animals that produce Vitamin C in their own bodies will certainly get some of the substance in the food they eat, though it is usually cellulose and bioflavonoid bound, which is protective in the stomach and aids assimilation. But these same animals get their major requirements of "C" from the mineral ascorbates formed in their own livers as the ascorbic acid therein produced reacts with minerals available from the blood serum.

3. Provides Ready Passage Through Cell Membranes

The mineral ascorbates, being fully reacted, can then pass more readily through the cell membranes, bringing to the cells both essential minerals and "C".

Thus, complexes of calcium, magnesium, zinc, manganese, and molybdenum can act as mineral transporters to carry minerals efficiently to body cells and as ascorbate transporters to bring to the cells the life sustaining power without which we die from scurvy and countless other ailments, including those resulting from malfunction of the immune system.

It should be evident that the ingestion of suitably timed mineral ascorbates enables you to practice "The Art of Gentle Persuasion," to get your body cells to accept the higher levels of Vitamin C that they tend, with advancing age, to more and more reject. This may be regarded as a clear aspect of aging, that the cells

thus commit suicide by refusing to let in through their mysterious membranes the very nutrients necessary for their good health and longer life.

4. Works When Your Body Needs It Most

Without timed release mineral ascorbates, it is exceedingly difficult for one to maintain in his body on a 24 hour basis a reasonably steady level of Vitamin C. Ordinary tablets or powders put him or her on a roller coaster. This is especially true during the night, when sleep should be as continuous as possible. The chief regeneration of the body, especially of the skin, occurs during the night. All the right nutrients must be available to allow this to occur.

Your Day Starts the Night Before. Between midnight and 4 a.m., the circulation of the body falls to its lowest point. It is a period of transition, as the body starts to produce 43 plus hormones. It is also a period of stress, when most of the babies prefer to be born, when most of the heart attacks tend to occur. (Read Body Time by Gay Gaer Luce, Pantheon.)

Thus, at bedtime, I take 3 or 4 grams of timed release calcium-magnesium ascorbate, CMA. I then usually enjoy a very relaxed sleep . . . and awaken in the morning quite alert, with a sense of well-being that carries me through much of the day. I am convinced that this is largely due to the action of magnesium ascorbate in balancing the calcium ascorbate.

Calcium is known to be conducive to sleep, but this action is principally on the brain. Muscles cannot relax, however, without magnesium. Milk is high in calcium but low in magnesium. There is evidence that the dull minds that many people have in the morning are due to high levels of calcium accumulated in the brain. This calcium is not adequately balanced with magnesium. Magnesium deficiency is a major factor in ischemic heart disease, which kills more than half of all US citizens every year, says Dr. Mildred Seelig, world authority on magnesium . Timed release calcium-magnesium ascorbate supplies nutrients which assist in both relaxation and restoration of muscles, organs, and skin during the night. Dr. Irwin Stone says that "C", working internally on the skin and entire body is far superior to anything that can be applied as a lotion externally.

The margin between life and death from scurvy is very small. As little as 10 mg. of "C" daily may prevent the extreme condition of frank scurvy, when the teeth fall out, the gums bleed profusely, and all organs of the body are separated. Subclinical scurvy is everywhere, but is less apparent.

FLU Vaccines 'Worthless' Says Eminent FDA Virologist

By Jay Patrick

5 December 1998

"There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them, anyway."

-----Dr. J. Anthony Morris

"There is insufficient evidence to support routine vaccination of healthy persons of any age."

-----Paul Frame, M.D.,

Journal of Family Practice

Now come those great people of the Center for Disease Control in Atlanta to tell us that 80% of all seniors should rush out and get the latest "flu" shot. This is the same enterprising branch of the Federal Government that brought us in 1977 The Swine Flu Vaccine.

The "Flu" That Never Was

I wrote two articles on the subject at the time, discussing the hazards of the ridiculous vaccine that has been tossed together on an impromptu basis. The distinguished virologist, Dr. J. Anthony Morris, lost his job at the FDA because he warned his superiors that the vaccine was of no value. Further, as my articles stated, there was not a single case of swine flu in the country. There was no epidemic to control.

Yet some 128 people died promptly after getting the vaccine. What may be more important, 43,000,000 people were deceived into taking the vaccine. You may be sure too, that within most of these millions who are still alive the vaccine still lingers in their bodies, awaiting some metabolic change which might trigger viral activity, contributing to ill health or untimely death.

The latest flu vaccine is being produced by three companies and is of the killed virus type. Many producers of vaccines have dropped out of such activity because they fear the high cost of court judgements against them for side effects of such vaccines, which may bring on severe illness or death.

The whole, messy situation is well outlined in an article in the Wall Street Journal of January 16. Anyone considering the use of a vaccine should first read this article. Though chiefly concerned with a new chicken pox vaccine that may soon be available, offered by Merck and Co., the article dwells upon the life-long hazards that attend the use of a vaccine.

The Trojan Horse

You see, this type of live virus vaccine contains disease viruses which have been artificially weakened so that, hopefully, they are unable to induce symptoms of the disease yet are strong enough to fool the body into producing antibodies able to hold in check more virile disease viruses that may come along. But, once the damaged viruses are in the body, they present a life-time of risk. They may never recover their original strength, or they may mutate to produce some other disease that is as bad or worse than the ailment they were supposed to prevent.

At the present time, no one knows for sure just what can happen, as time goes by, with these weakened but still alive viruses.

"The chicken pox virus lurks in the body, " says The Wall Street Journal, "after the illness passes. For reasons that aren't understood, it sometimes reawakens when the subject is 60 or 70 years old to cause shingles, a nerve inflammation marked by pain and blisters."

Viruses are, as I have long observed, the major foe of all humanity. They are everywhere, they are indefatigable, resourceful, and immortal. They were a part of our very beginnings, and they are never going to leave us.

Once a virus is within one's body, only the person's immune system can protect him. It is then up to his immune system to keep it under control, to prevent its replication within hours to astronomical numbers that can soon defy counting. As stated, vaccines seek to fool the body into arming itself with antibodies in advance of any attack. But these fearless invaders can regain their strength, or change the DNA or RNA of which they are chiefly composed and start to harass or kill us off with some other disease source to which they have mutated.

Hope for the Future

The Journal comments that we may have much superior vaccines in the near future.

Genetic engineers will be able to splice together proteins to make just that part of the virus that produces immunity, with none of the parts that produce disease."

As it now stands, children are often being forced to take vaccines that may later induce debilitating or fatal disease, and in many states children can be expelled from school if their parents refuse such dangerous vaccines. Many organizations have been formed to resist these arbitrary rulings by school boards.

What's To Do?

Right now, I am sure, our best hope lies in doing everything we can to keep our immune system hourly, day by day, in the best possible condition to repel the invaders. This involves a life style balanced with moderate exercise, adequate sleep, sunshine, good thoughts, good food, and supplementation of the diet with a wide variety of nutrients known to be required by the immune system.

For me, this must include a daily intake of at least 8 grams of timed released mineral ascorbates

About That Barn Door

By Jay Patrick

We should understand that every viral attack is potentially of a very serious nature. The attack may come from a very easy-going virus such as the common cold... or it may threaten one's very life and/or health.

Unfortunately, by the time a doctor can diagnose the nature of the virus or bacteria attacking you, it may be so firmly entrenched in your body that you will have a difficult time winning the battle.

Indeed, it is reported that with infectious mononucleosis, for instance, the infection cannot be positively identified until it has run its course for two weeks or more. If positive, the infection may persist for up to one year, although it generally reverts to a negative finding by 54 to 84 days. Famed researcher and lecturer Dr. E. Cheraskin has given a few lectures entitled "The Name of the Game is The Name." He points out that many physicians seem to think that their chief responsibility to a patient is simply to give a name to his or her ailment, that naming the disease is almost the sole factor in effecting a cure. Certainly, it helps to know just what virus or bacteria is leading the attack, but, meantime, no moment should be lost in trying to step up the body's resistance to the invasion.

So, I believe that one's health and survival depends heavily on maximizing the immune system at all times, keeping it in readiness to repel that invasion which, sooner or later, comes along. Further, there is the factor that such raiders as the pneumococci bacteria that brings on pneumonia (killing up to 50,000 annually) are already inside the bodies of 50% or so of us, just waiting to pounce, when our defenses drop.

Thus, I never skip my high daily intake of mineral ascorbates of vitamin C, with synergistic vitamins and minerals (over 10 grams daily). So I'll brag a little: I am 85 years old, haven't had a cold for 23 years, I still have 20/20 vision, and work a 50 hour week, so, maybe, I'm doing something right.

Three Great Medical Hoaxes

By Jay Patrick

22 Feb 1999

HOAX I

In 1974, I wrote in Let's Live Magazine of the Great American Deception: The Swine Flu Vaccine: Hog Wash.

Over 43,000,000 trusting Americans were innoculated with this makeshift vaccine rounded up for a non-existent epidemic. Over 128 died immediately from its effects. Untold numbers may have had their lives shortened. That's because the vaccine will probably remain in their bodies for their entire lives.

Science magazine commented: There can be few graver opportunities for man-made disaster than the mass immunization campaigns that are now routine in many countries. Should the vaccine preparations become contaminated with an undetected agent present in the host cells, a whole generation of vaccines could be put in jeopardy.

This, of course, is no science fiction writer's horror story--It has already happened once; millions of people have been injected with a monkey virus known as SV40, which was found in 1961 to be contaminating polio and adenovirus vaccines. The virus causes cancer in hamsters; no one yet knows what it may do in man.

HOAX II

Drugs for Hypertension

For many decades, physicians have been loading patients who have elevated blood pressure levels with countless drugs aimed at preventing heart attack and stroke.

Comes now the latest study, as reported by the New York Times. Drastic reductions in blood pressure increase the risk of heart attack, even the treatment of high blood pressure does not reduce heart attacks. (Einstein Medical College, New York)

Why is this so? Because the drugs produce countless side effects which are often relieved by drugs that produce other side effects, and by drugs to reduce those side effects, endlessly.

HOAX III

The Great Cholesterol Farce

Now comes Thomas J. Moore in The Atlantic, a distinguished source of information for more than 124 years, to outline the real facts regarding The Cholesterol Myth. I have described it as The Great Cholesterol Farce in an Alacer Report (Feb., 1985). But it is more than that. It is truly a great medical Fraud on the American public that is costing millions of lives.

However, what Moore tells you is not all new. It has been evident for some 30 years that cholesterol is not the real villain in heart disease and stroke. In 1962, The American Medical Association commented:

"The anti-fat-cholesterol fad is not just foolish and futile. It carries some risk."

But in recent years, the AMA has been on the band wagon, advocating testing for cholesterol by physicians and all manner of treatment, including cholestyramine (Questran) which reduces cholesterol only about 6.7%, yet causes constipation, gas, heartburn, and bloating, even death. Another drug is clofibrate. In a five year trial, 162 deaths had occurred in the group taking the drug, only 127 in the control group.

I suggest you get a copy of The Atlantic for September, 1989, and read the whole, sordid story, of this unscientific flim-flam, in which the AMA, a major drug manufacturer, the American Heart Association, Kellogg, and the media have all suckered the American public into believing that cholesterol is the problem.

You have been persuaded to cut down on eggs, the best protein around, which is detrimental to your health. You have been misled into thinking that cholesterol control will save you from heart attack and stroke, which it will not. Millions of people will die prematurely because they have been "barking up the wrong tree", failing to do the right things.

But it is a bonanza for the physician, who can scare you into a lot of testing and increase his income at least 30%. The whole ridiculous campaign has intensified, "as the world learned how much money could be made by scaring people about cholesterol", says Thomas J. Moore.

Even health food magazines have been taken in by these big lies. And oat bran sales have increased 1,000% in this vain pursuit.

Still, the cause of the problem is not being addressed. Most Americans are ingesting 20 to 38 times their requirement of salt. This throws some 70 trillion cells of their bodies out of order and speeds up the loss of the vital potassium.

Countless studies show that Americans need less salt and more potassium. One 12-year study of 1959 residents of Rancho Bernardo, Calif., showed that those who had about 1,000 mg. more of potassium in their diet had no deaths from stroke at all. (New England Journal of Medicine)

It's all explained very well in The K Factor, by Richard D. Moore, M.D. Ph.D., and George D. Webb, Ph.D. Now offered by Pocket Books, it tells how potassium, (K), magnesium, manganese, and vitamin C help to protect the intima, the lining of our arteries. When we are short on these factors, a break can occur in the lining, which becomes the collecting point for cholesterol, calcium, and lipids (fats) to form in a matrix.

Since nearly every cell of the body produces cholesterol, which is a vital precursor of bile to digest our food and of sex hormones, it well may be, says Dr. Richard Passwater (Super-Nutrition for Healthy Hearts) that the cholesterol does not come from the circulating blood... but from the very cells at the point of injury to the intima.

You can save your own life by providing your body with the nutrients it needs for good health, especially the K Factors of Potassium, Calcium, Magnesium, Manganese, and Chromium as ascorbates of Vitamin C.

[Click here to return to Home Page](#)

Comments can be forwarded to Alacer's .

Getting Down
to the Bare Bones
By Jay Patrick

Our whole bodies are in a continuous state of flux. This even includes the skeleton, which is constantly discarding old cells and adding new ones. Bone remodels itself to remove worn cells and to maintain the proper amount of calcium in the blood. Indeed, bone is the body's storage point or reservoir for calcium. However, some parts of a bone's shaft, consisting of compact bone, may never be remodeled.

Two kinds of bone cell do this work; the osteoblasts, which manufacture new bone tissue, and the osteoclasts, which consume old and worn bone matter.

But bone gets full strength and flexibility from the connective tissue, which intertwines with it, and serves to interface each bone with other bones.

Vitamin D, which is produced on the skin under sunlight, or may be ingested in the diet, is widely known to be essential to the deposition of minerals in the bone structure. These minerals are chiefly calcium and phosphorus. Bone re-absorption, in a process of constant renewal, is much dependent on parathyroid hormone, too.

Yet, the role of Vitamin C, probably most effective as calcium, magnesium, manganese, and zinc ascorbates, is too much ignored. The connective tissue which is so absolutely essential to bone strength, flexibility, and endurance, cannot be formed or maintained without ascorbates, the only forms of "C" stored in the body.

Such ascorbates are essential to the hydroxylation of the amino acid proline in the formation and maintenance of the connective tissue. But this tissue is subject to molecular aging (Goodhart & Shils), to crosslinking which can be retarded with adequate levels of antioxidants such as ascorbate, selenium, chromium, and methionine. Obviously, too, a good level of protein intake, including proline, aids in connective tissue health.

Healthy bones tissue is, on a weight basis, fully as strong as steel. The bone's interior is constructed somewhat like a bridge. Tiny strands of connective tissue, each strand capable of supporting a weight of 25 lbs, act like guy wires to give great strength and flexibility. Thus, healthy bones will usually bend rather than break, as they so commonly do.

Millions of women have been seduced into thinking that all they need to do is take calcium, usually calcium carbonate, to maintain their bone structure. Others have been induced to take estrogen, which it is now known to increase breast cancer 43%. What everyone really needs is the mineral ascorbates.

The Wellness Letter of the University of California observed a few years ago that there appears to be too much emphasis on high calcium intake, that manganese is needed, also, for good bone structure. And surely the best form is manganese ascorbate. I have been taking 10 to 12 grams daily for some 25 years of Timed Release mineral ascorbates of potassium, sodium, calcium, magnesium, manganese, molybdenum, zinc, and chromium. A recent hospital check shows that, though nearing 85 years old, my bone density is 118% of the average 30-year old-male. So, maybe, I am doing something right!

Osteoporosis is highly prevalent. Often in degrees not at all obvious to either patient or physician. Athletes, especially, have this problem, due to the extraordinary stresses they impose on their bodies. Probably 75% of their bone breakage is due to poor bone structure.

You may first know about it, when, suddenly, as you get up to answer the door bell, a hip joint breaks under you. It's a bone disease characterized by insufficient production of bone matrix (in which ascorbates, proline, and Vitamin D are involved), and by serious reduction in bone calcium.

With women especially, it is an advancing problem. Researchers maintain that, starting at age 25, women continue to lose 1% of bone calcium with every advancing year. Thus, a woman of 60, will usually have lost 35% of her bone calcium!

This condition is believed largely due, with advancing age, to reduced estrogen production, which is substantially halted after the menopause. Unfortunately, the administration of estrogen is now known to be cancer-inducing. However, medicine

completely ignores the need for mineral ascorbates.

This view may be erroneous. I believe that women produce small amounts of ascorbate in their own bodies, while they are of child bearing age.

Exercise. . .But!

But hormones will not do it all. With both sexes, osteoporosis can, and often is, very much due to malnutrition and reduced activity. So, exercise helps, but:

Jogging, especially on pavement, can pound cartilage into dust. Jogging injuries to the knee have become so common that orthopedists in Los Angeles have named one popular running route "The street of the wounded knee". (Walking and running are much easier on the joints and the spine, many orthopedic physicians say.)

Knee injuries are also common in skiing accidents. Legs break more readily if they do not have full flexibility, and the twisting required to smash a tennis ball from the baseline can easily rip a cartilage of the knee joint. In bicycling, pumping up a steep hill puts intense pressure on the kneecap, so that, in extreme cases, the underside of the cap starts to fray. Kneeling on a surfboard creates a hard bump under the kneecap called "surfer's knob".

In football, 70% of professional players have knee injuries before the age of 26, including nearly every quarterback.

When teenagers and younger children undergo excessive training with heavy weights, they can damage their bones, and some doctors believe, stunt growth.

Obviously, exercise should be done in moderation. But the more one does, the more he or she needs mineral ascorbates to help maintain the flexibility of his muscles and bones, plus other anti-oxidants and good protein. Your doctor will know all about your need for calcium but usually very little about magnesium. But remember this: Magnesium is essential for the normal metabolisms of potassium and calcium in adult man, essential for the mobilization of calcium from bone hypocalcemia (low calcium) should suggest the possibility of significant magnesium depletion.

Modern Nutrition, Goodhart & Shils

Thus calcium-magnesium ascorbate, a neutral, stable chelate of Vitamin C, represents a wonderful source of the two essential minerals with the equally essential "C".

Some 30 to 50 percent of present hospitalization is medically unnecessary, but alternative services that could be therapeutically more effective and economically more efficient, have almost disappeared.

Fritjof Capra, The Turning Point (Simon and Schuster) (to be continued...)

[Click here to return to Home Page](#)

Comments can be forwarded to Alacer's .

The Health Gap
or
Avoiding The Major Killers
By Jay Patrick

"Everyone of us gets dozens of cancers each day," Dr. Carl Pfeiffer of Princeton, N. J. used to say; But our bodies immediately check the growth of most of them, so, usually, nothing happens. Thousands of scientists are daily working on means to grapple with this great destroyer, but it appears to me that their efforts are largely misdirected. An enormous amount of their time seems to be devoted to "early detection" of cancer, at which time the battle is often lost, rather than to measures that might wholly prevent emergence of the great killer.

Cancer is known to be mostly a disease of the aging, as the immune system of the body goes into steady decline. Indeed, it is this same "system", or "response", that has brought us forward through the ages, against almost insurmountable odds, as we fought every imaginable enemy. Yet, somewhere along the tortuous pathway of our development, we either lost, or never had, the one, almost magical, cellular balancer, detoxifier, and fortifier necessary to extend our lives, to help make our bodies whole, and to step up mightily our resistance to disease.

It appears that, in approaching the problem, we must, first, consider what is most missing in our bodies, that might provide the "fuel" to enable our cells to throw off a host of vicious invaders, including bacteria, viruses, and radiation.

The Missing Agents

Outstanding among these missing elements are the mineral ascorbates, of which their intermediate form, ascorbic acid, has been mislabeled Vitamin C. It is in the full study of these peerless carbo that our medical science has been grossly deficient. Yes, there are some 80,000 papers on the subject of ascorbic acid, but little consideration has been given to the most active forms of this powerful molecule, which protect more than 99.9% of all other animals, the mineral ascorbates.

Thanks to the pioneering work of the British navy, long ago, which found that lemons (limes) could protect its men at sea for months from almost sure death, an awareness of the need for ascorbate, after countless centuries of radically shortened life, is slowly emerging. But this need should be measured in grams rather than in milligrams, because it is not really a vitamin but a liver metabolite, as world authority, Dr. Irwin Stone labeled it many decades ago. Yes, minute quantities will not suffice, if we would strive to be fully alive and fully well.

Setting the Stage

The stage for our two most basic ailments, heart attack and cancer is slowly set, with each advancing year. Deprived of adequate mineral ascorbates, the linings of our arteries start to bleed, then clot, forming scar tissue. This scar tissue then collects the cholesterol, lipids, and, finally, calcium of the plaque that, finally, totally blocks the flow of blood to the heart, inducing death.

However, with a poorly functioning immune system, which can be due in great measure to lack of the mineral ascorbates, either heart attack or cancer may get you first. This wonderful immune response, as some researchers like to call it, must have every nutrient working for it in synergistic power to help ward off a multitude of invaders ranging from the common cold to the most life-threatening diseases.

So, if we were able to produce enough mineral ascorbates to give six to ten grams daily to the entire population, I am confident that the incidence of death from disease, say, to the age of 80, would decline about 50% or more.

Won't you join me? I like to keep some friends close to my own age (85).

P.S. When we had the UCLA Cardiovascular Center in Torrance, CA., x-ray 10 of our employees with the Ultrafast CT scan, 8 out of 10 showed zero (0) plaque, and the

9th and 10th showed very low levels, also insignificant, at which no symptoms appear.

Furthermore, we are inviting several hundred physicians, who have taken our mineral ascorbates for many years, to get their arteries, also, checked. We shall publish the results as soon as available.

[Click here to return to Home Page](#)

Comments can be forwarded to Alacer's .

Are your Vitamin C batteries running down?

Jay Patrick

December 1998

By Jay Patrick

"If I get pneumonia, and am taken to a hospital, where I die, they might attach a card, as they do in Hungary, to my big toe, which would read:

"CAUSE of DEATH: Pneumonia." But I would probably have died of scurvy."

* * *

Nobel Laureate, Dr. Albert Szent-Gyorgyi, is speaking at the World Congress on Vitamin C. He is the Nobelist who received the prize for his isolation of the magic substance, Vitamin C, from the paprika pepper of his native Hungary.

Behind Szent-Gyorgyi's remarks is a simple fact that leaves most people behind the proverbial 8 Ball.

Some 50% of us already have in our bodies such avengers as pneumonococci, staphylococci, streptococci, or bacilli, which can bring on this deadly lung disease. Or we may also include influenza viruses, adenoviruses, syncytial viruses, rhinoviruses, coxsackie, cytomegalovirus, herpes simplex, and others, from our childhood.

Rather frightening, isn't it? But the Merck Manual says that the foregoing account for some 75% of pulmonary infections in schools and military recruits.

An Inside Job

Some 32 years ago, while operating a chemical plant in Northern New Jersey, I received a telephone call that my father, who lived in San Diego, was being operated upon for appendicitis. I immediately boarded a plane, and the following morning was able to greet him in Mercy Hospital, after they had operated upon him. I found that he didn't have appendicitis, but an inflamed pancreas.

However, within a few hours after greeting my father, because of the high stress of the operation, he came down with a severe case of pneumonia and died about 24 hours later. I now know that he probably died of scurvy, lack of Vitamin C, about which I knew nothing at the time. He, obviously, had the pneumonococcus bacteria already in his body, yet his resistance, at age 79, was so poor that he promptly succumbed.

Thus, you see, we don't have to "catch" any of these life-threatening diseases. Many of them are already inside of us, while our immune system holds them in check.

So, if we don't want to come down with any of these unattractive ways to die, we must do what we can to keep our resistance up. And the secret seems to be: The right lifestyle, supported by very good nutritional supplement, which absolutely must include the mineral ascorbates, the real forms of Vitamin C that most animals

other than humans produce in their bodies in multigram quantities.

Here and now, is where high intake of the mineral ascorbates of Vitamin C should enter in your life to stay!

Healthy people, say The National Institutes of Health, require a body pool of at least 1500 mg of mineral ascorbates, the only form in which "C" is stored in our organs, such as:

adrenals brain eyes gonads pituitary pancreas liver

These organs and any area of the body where intense activity is to occur must, for your energy and resistance to disease, maintain a fair level of this miraculous carbohydrate which Szent-Gyorgyi has described as "the 'glue' that holds our bodies together."

I feel that the collection points for mineral ascorbates should be considered Miniature Storage Batteries, which, when "run down", leave us exhausted and almost defenseless against disease.

CONTACT: DR. RICHARD DANA

(714) 454-3999

"Deaths from Viagra* Can Be Reduced," says researcher.

FOOTHILL RANCH, CA (June 11, 1998) – On Tuesday, The Food and Drug Administration released information regarding 16 known cases of men dying after using the popular impotence drug Viagra*. The men who died range in age from 48 to 80, and all were taking the new wonder drug.

"Some deaths due to ingestion of Viagra are to be expected," states Dr. Richard Dana, Director of the Committee for World Health, Foothill Ranch, CA.

"This is because," he adds, "people who have for some time been impotent, place an enormous load on their bodies when they suddenly respond to a powerful urge for intercourse. Among other things, this is a very heavy burden on the adrenal glands that require Vitamin C for the production of adrenaline, and countless other functions, including sperm motility.

"Indeed, it is the same form of Sudden Death that daily kills thousands who suffer from trauma. Scientific American (April, 1997) commented on the sudden traumatic deaths of 862 people after admission to San Francisco General Hospital, over a two year period. This great stress on the body may be especially felt by the heart and the circulatory system, resulting in heart attack or stroke.

"Individuals should show prudence about sudden exertion for which they are unprepared. However, the intake of six or more grams of mineral ascorbates** daily will help prepare them for the heavy exertion that is involved.

"Pfizer has warned that a great variety of ailments may result from ingestion of Viagra. These include angina, heart failure, heart palpitations, tendon rupture, cataracts, shock, and death.

"The introduction of a product of such biochemical activity is unprecedented. Accordingly, many users of the drug are almost totally unprepared for such a surge

in physical activity. Thus, we may expect that deaths will continue, probably at an accelerating pace.

"These deaths may be partly due to intake of very high levels of Viagra in patients seeking a better response.

Mineral Ascorbates in Aging and Cancer

"Many of the side effects noted can be prevented by the mineral ascorbates. Indeed, almost our entire population is quite deficient in this type of vitamin C, the only form in which it is produced by animals who do not suffer the genetic defect that lowers the immune response and general well-being of all humanity. In its ongoing research, the Committee for World Health has made a recent finding that the mineral ascorbates are effective in controlling the cellular telomeric structures which are essential for life and clearly involved in aging and cancer," Dr. Dana states, in conclusion.

(Most health food stores carry the neutral mineral ascorbates in timed-release form, or as an effervescent drink mix).

#

It should be noted that Dr. Dana issued an Internet warning on May 1, 1998 regarding the unfavorable consequences of Viagra ingestion.

Dr. Dana is the UCSF molecular biochemist who discovered heat shock-proteins in the human placenta and four streamlined procedures for the rapid isolation of RNA and DNA from tuberculosis bacteria, cancer cells, and virtually all cell types from plants to bacteria to animals. (For a list of additional publications see www.wrlhth.org)

Dana, R. C.; Welch, W. J.; Deftos, L. J. Heat shock proteins bind calcitonin. *Endocrinology*, v.126, n.1, (1990): 672-674.

Dana, R. C.; Saghbini, M.; Lippman, D.; Cheung, A. L. *Journal of NIH Research*, v.7, (1995): 61.

Tantod, B.; Saghbini, M.; Barnes, L.; Dana, R. A new rapid method for undegraded RNA isolation from diverse organisms. Thirty-fourth Annual Meeting of the American Society for Cell Biology, San Francisco, CA, USA, December 10-14, 1994.

Dana, R. C. The Genetic Revolution. San Diego Conference, American Association of Clinical Chemists, November, 1994.

*Pfizer Trademark

**Almost the entire research community believes that ascorbic acid, as present in citrus fruits, is the real vitamin C. Actually, in its acid form it is only an intermediate in the production of the neutral mineral ascorbates produced by 99% of animals. These animals do not suffer the genetic defect that renders humans almost totally unable to produce the mineral ascorbates in their own livers. Thus, mineral ascorbates are the only forms of vitamin C which can be properly identified as the real vitamin C. These neutral substances can be utilized by the body in the multi-gram quantities which promote full health. Hence, the side affects of nausea and diarrhea induced by large doses of ascorbic acid can be avoided.

Research in Pediatrics

The effect of nutritional supplementation with Vitamin C (in the form of mineral ascorbates) on the rehabilitation process of children suffering from cerebral palsy is studied in collaboration with the Institute of Pediatrics of the Russian Academy of Medical Sciences, Moscow, Russia. The study is performed by Ludmila Antonova, Ph. D., Senior Research Scientist at the Institute. This research is currently being funded by modest donations from two sources, however, additional funds are needed.

The group of Russian researchers

At the picture: The group of Russian scientists working at the Department of Rehabilitating Treatment of Children with Cerebral Palsy in the Research Institute of Pediatrics, Moscow, Russia. Ludmila is the second from the left in the second row.

The electroneuromyography method is used to evaluate the state of the neuromotor apparatus of children with cerebral palsy. The magnitude and the character of the bioelectric activity provides information about muscle function, their coordinatory interactions, the state of the motor-neuronal pool of the spinal cord, and the mechanisms of the central regulation of the muscle tonus before and after the administration of the mineral ascorbates.

Initial results show that administration of mineral ascorbates, in addition to the conventional treatment the children receive at the Hospital of the Institute of Pediatrics, increased the muscle fatigue time (the muscle stamina) of children suffering from cerebral palsy by an impressive 200% above their norm. The tests were also conducted on healthy children, who increased their muscle fatigue time by 150%. Increase in the levels of the muscle bioelectrical activity and of the constant brain potentials were observed, too (see pictures below).

Vitamin C is essential in many biological processes including the synthesis of collagen and neurotransmitters. It may explain the dramatic changes in muscle stamina after administration of mineral ascorbates observed in our experiments.

Children with cerebral palsy are known to suffer from malnutrition (which may be especially true in modern Russia). Continuous vitamin supplementation after they are released from the Hospital might significantly improve quality of their lives. Unfortunately, most Russian parents can not afford it.

Please help provide vitamins to children suffering from cerebral palsy.
Visit our Donations page!

E-mail for more information or write to:

Dr. Richard C. Dana
Jay Patrick, Alacer
Director, Committee for World Health
19571 Pauling
Foothill Ranch, CA 92610

The Committee for World Health was established in 1978 by Jay Patrick with the aim to engage in research in the field of human health "as it may especially pertain to good nutrition well before the birth of a child, including the mother and father

and progressively, as the child may enter into all stages of life: youth, maturity, middle age, old age, and inevitable death." The Committee started its activities with staging the First World Congress on Vitamin C in Palm Springs in 1978. The Congress was attended by such celebrities as Nobel laureates Linus Pauling and Albert Szent-Gyorgyi, as well as other pioneers of Vitamin C research: Dr. Irwin Stone, Dr. Abram Hoffer et al.

In 1997 The Committee has been re-organized as a non-profit research foundation, with Jay Patrick as the Chairman and Richard C. Dana, Ph.D., as the Director. Abram Hoffer, M.D., Ph.D., E. Cheraskin, M.D., Ph.D., Jeffrey Buzby, Ph.D., Goerge Bartzokis, M.D., and Alexey M. Olovnikov, Ph.D., are currently the members of the Advisory Board.

The Committee has outlined its objectives. The research is to concentrate on the potential of the nutritional supplements, in particular, mineral ascorbates, to improve the health of humanity and maximize resistance to disease and general aging. The methods of molecular biology, along with the clinical and preclinical research, are to be used to study two genetic liver diseases of humanity - hyposcorbemia and hypouricemia.

Other topics of interest include: Nutritional supplements and cardiovascular health; Nutrition and prevention of osteoporosis; Cerebral palsy and the potential of nutritional supplements in alleviation of it's symptoms; Improved treatment of wounds; Exercise physiology and replenishment of bodily fluids; Topical treatment of muscle pain; Dermatological research on control of acne.

It is assumed that some of the research will be carried out by the foundation itself and some will be undertaken by various universities and other health investigators around the world. Among the institutions currently involved in the research projects with The Committee are: University of Southern California; University of California, Los Angeles; Boston Medical Center; Institute of Pediatrics, Russian Academy of Medical Sciences.

Several research projects have been started since February 1997. Initial financial support was provided mainly by Alacer Corp. and Jay Patrick. Additional donations will be greatly appreciated.

The Committee is also involved in various charitable actions. In a disaster relief effort, The Committee assisted in delivering nutritional supplement products to people in Jarrell, Texas after a tornado destroyed homes (May 1997), to the victims of the hurricane Floyd (September 1999), and continues this mission on many occasions when flood, earthquake or other natural disaster strikes. Please visit this link for information on our current projects and to make your contribution using secure credit card transaction.

In Zimbabwe, at the orphanage of Fairfield Hospital, we are giving nutritional supplements to children who suffer from AIDS, malaria, and numerous other viral and parasitic diseases. Most of the children suffer from malnutrition and vitamin deficiencies, and correcting them will improve their health in many ways, in particular, by boosting their immune system. With modest funds, we of The Committee for World Health know that we can spearhead a series of scientific investigations that will prove beyond all doubt that the nutritional approach can overcome or mitigate widely held diseases, saving millions of lives and billions of dollars.

Please e-mail us for more information or write to:

Committee for World Health
19571 Pauling

Foothill Ranch, CA 92610
Phone: 888-580-5950
FAX: 949-951-0917

The Story of Alacer Corp. and Jay Patrick
Jay Patrick

Alacer: Latin word meaning "lively and energetic"

In 1968, after serving 25 years as Chief Chemist and President of a successful chemical company, Jay Patrick turned his attention toward the subject of nutrition.

At age 59, Jay was starting to have some health problems, especially his jaws, which were aching at the end of the week.

After a great deal of research, he met Dr. Irwin Stone, who was then working on Staten Island, New York, only some 25 miles from the chemical company in Northvale, New Jersey, which Jay headed. Stone introduced him to Vitamin C and he soon found that six or seven grams daily eliminated 95% of his pain.

Although he had never before been much interested in nutrition, Jay then embarked on intensive research of the subject.

He met Dr. Albert Szent-Gyorgyi, the Nobel Laureate who first isolated Vitamin C (later a consultant for Alacer); visited Roger Williams, pioneer researcher of pantothenic and folic acids; Dr. E. Cheraskin, who has now spent some 35 years of his life investigating Vitamin C; Dr. Abram Hoffer, who along with Dr. Harvey Osmond discovered that he could cure some 85% of his schizophrenia patients with Vitamin C and niacin; and, of course, Dr. Linus Pauling, Nobel Laureate who wrote a number of books on Vitamin C and was regarded as a world authority on the subject.

Dr. Stone told Jay that ascorbic acid is really the poorest form of Vitamin C for humans. Jay learned that 99.9% of all the animals in the world have the ability to convert the ascorbic acid developed in their livers into neutral mineral ascorbates before being circulated in their bodies. However, humans do not have this ability. We suffer from hypoascorbemia, the genetic disease which makes it impossible for us to produce ascorbate in our own bodies.

Learning that ascorbate-producing animals live some seven times their period of maturity, he recognized that humans could not hope to live much longer than they do unless some effort were made to compensate for their genetic defect. (Humans mature at 20-25 years, thus $7 \times 20 = 140$ years.) He, accordingly, formed Alacer Corp. in 1970 and undertook the manufacture of the mineral ascorbates.

In 1978, Jay personally staged and directed The First World Congress on Vitamin C, where Dr. Albert Szent-Gyorgyi was honored for the 50th anniversary of his isolation of Vitamin C, along with 27 other world pioneers on the subject.

In 1980, becoming aware of the great potential of the virus to produce world wide plagues, he formed and directed The World Congress on the Virus. Among the notable speakers on this occasion were Nobel Laureate, Dr. Carleton Gajdusek and Dr. Clarence Gibbs of the National Institutes of Health and Dr. Archie Kalokerinos of Australia, who established that sudden infant death among the aborigines is clearly due to lack of Vitamin C.

In 1991, Jay formed and directed The Second World Congress on Vitamin C and the Immune System, bringing in researchers from points as distant as Czechoslovakia (Dr. Emil Ginter, who determined along with Constance Spittle of England that Vitamin C is essential for the conversion of cholesterol into bile to digest our

foods and that it also aids in dispersion of cholesterol in the blood stream.)

Jay maintains that you're never too old to try again or to keep working for good health. Now in his 86th year, Jay still works a 60 hour week as Alacer's President, and will soon finish his book covering his life's research into Vitamin C and Mineral Ascorbates.

Anti-Aging Project

OBJECTIVE: To determine if mineral ascorbates can maintain the telomerase which increases cell life. There is ample evidence that the mineral ascorbates, which humans cannot produce in volume in their own livers, balance the cells against innumerable invaders. However, it is the purpose of this investigation to find out if these ascorbates also extend life by maintaining the telomerase, which is an essential factor in the replication of the cell.

* * * *

Telomeres are small segments of DNA which coat the tips of chromosomes and become shorter with each cell division. Human telomeres are composed of multiple repeats of the sequence TTAGGG. These telomeres are necessary for life and function to prevent the chromosomes from unraveling. After some 80 cell divisions the telomere becomes so short that the cells stop dividing and the cell enters a state of senescence and dies.

A Biological Time Bomb

Telomerase is an enzyme that repairs damaged telomeres. Most human cells stop making telomerase early in life and, therefore, create A Biological Time Bomb that kills us in our 70's and 80's. It is our premise that vitamin C as mineral ascorbates can prevent this time bomb from going off.

In our experiments, we will measure telomerase in cells treated with mineral ascorbates and Vitastatic and also in cells isolated from individuals who have taken these products. If we find that there is an increase in the level of telomerase, it could show another means by which mineral ascorbates extend human life.

Our working hypothesis is that the failure to elongate telomeres or altering telomeric repeat sequences results in senescence and death. Therefore, additional, animal studies will be performed to address this issue more fully.

The telomere structure will be studied and the effects of mineral ascorbates on telomere elongation will be elucidated. The telomeric region will be cloned by using an integration event. Studying the DNA regions flanking the insert at the proximal and distal end we will investigate the stability of the foreign DNA molecule in the telomere region. Moreover, using inhibitors of reverse transcriptase, which is a crucial step in both proven mechanism of telomere elongation (telomerase and retrotransposition), attempts will be made to inhibit this process.

Another experimental approach is based on the hypothesis that genes that control the M1 (Mortality Stage 1) mechanisms of cellular senescence are located adjacent to telomeres and that their expression is modified by telomere length. It is possible that mineral ascorbates of vitamin C could act here.

Therefore a long-term goal of this research will be to clone genes in the sub-telomeric DNA which may be influenced by mineral ascorbates and show their involvement in regulating control of telomere length, and elucidating their functional roles in the regulation of M1.

We are also initiating controlled studies to look at the maturation and aging of guinea pigs under the influence of mineral ascorbates. Results will rapidly predict

the human condition.

Our laboratory has ordered cell and molecular biology instruments and supplies to initiate these studies. Our newly purchased equipment includes a cell incubator, sterile hood, a DNA electrophoresis apparatus, telomerase analysis kit, thermocycler, microfuge, DNA transilluminator, and densitometry quantitation software.

We will report preliminary results from our experiments during the next few weeks and hope to show how vitamin C as mineral ascorbates can alter telomeric function and prolong life.

Richard Dana, Ph. D.

NEWS RELEASE

June 18, 1999

Vitamin C Supplements Prevent

Alzheimer's Disease, Rush-Harvard Study Shows

A study of 633 persons, ages 65 years and older, at Rush University for Healthy Aging and Harvard Medical School, found that 91 of the sample participants, after the follow-up period of 4.3 years, were diagnosed with Alzheimer's Disease. Yet, none of the 27 Vitamin C supplement users had the disease.

It was concluded that use of vitamin supplements may lower the risk of Alzheimer's Disease. Commenting on these results, Dr. George Bartzokis, a brain specialist and Chief of Psychiatry, Veteran's Administration Medical Center, who works concurrently with UCLA, points out: "These results indicate that one may halt the progression of the disease by supplementation with Vitamin C." Dr. Bartzokis is, himself, a dedicated user of Alacer's Emer'gen-C, which forms the true Vitamin C mineral ascorbates, when water is added to the effervescent drink mix.

When shown a magnetic resonance image of Jay Patrick, the very active, 87-year old president of Alacer Corp., Dr. Bartzokis commented that the hippocampal area, which is ordinarily ruthlessly attacked by Alzheimer's, was very large and was, indeed, much larger than that of the average brain.

The hippocampus is much involved in cognitive functions and memory formation. The latest research shows that good nutrition can increase neuronal plasticity of this major brain region. This data contradicts the long-held view that humans, with advancing years, must lose as many as a million brain cells daily. Men generally show brain shrinkage varying from 15 to 40% by the time they reach advanced age. Most women show only 1% shrinkage, except for those with Alzheimer's.

Patrick first developed the drink mix, marketed as Emer'gen-C, in 1978, and has been taking 10 to 12 grams of the mineral ascorbates daily, ever since. An independent study shows that Emer'gen-C sales represent a major share of all Vitamin C products in the United States.

While Vitamin E was also part of the study, Dr. Bartzokis has determined that it was not a significant factor in the improvement of these patients.

Dr. Bartzokis is also heading a million-dollar program of intensive brain research funded by the National Institute of Health, which will take into consideration many

aspects of nutritional supplementation which have not before been much considered. (Jay Patrick is suing the NIH in Federal Court for correction of the mis-labeling of Vitamin C, a worldwide error.)

Patrick received the prestigious Scientific Achievement Award of the American Academy of Anti-Aging Medicine, when addressing the audience of medical professionals at a recent Chicago meeting, on June 13th. The award was for "Outstanding Innovative Technologies in Vitamin C and Mineral Ascorbate Research and Development".

Patrick comments: "Inspired by a meeting with Dr. Irwin Stone in 1969, I have been working actively for 30 years to show that the ascorbic acid that is present in citrus fruits is not the real Vitamin C. Its acidity cannot be well tolerated by the body, so it has been utilized at much lower intake levels than are easily possible with the neutral mineral ascorbates, such as are produced in the bodies of 99.9% of animals."

MRI of Jay Patrick:

MRI of Jay Patrick

ADDENDUM

In 1994, Patrick learned of the Ultrafast CT Scan Procedure -- a Super C.A.T. Scan for the determination of coronary artery occlusion, the principal cause of heart disease and our major killer. He went to the UCLA Cardio-

vascular Center in Torrance, California to check his own coronary condition. After the scan, the technician reported to Patrick that he had a zero (0) level of plaque, describing this as "a new record" for an 82-year old man.

Patrick returned a few days later to discuss the results of his CT Scan with the Chief of Staff, who quickly described it as "an artifact finding of no scientific significance".

Subsequently, Patrick brought 9 of his employees who had been taking the mineral ascorbates (including a 76-year old woman) to UCLA for scanning. The results of these scans are shown on the chart below. Note that 8 out of 10 tested show zero (0) plaque, while the levels of the remaining 2 were so low as to be of no significant consequence.

Since that time, Patrick has since repeatedly challenged any doctor in the world to pick 10 people of similar ages and show that even one or two of them had zero levels of plaque. He has had no takers.

Asymptomatic Levels for Age Group

Jay Patrick

82

Years

Over 800

0

Calcium

Linda Tagle

76

"

550-800

0

"

Ymelda Patrick

57

"

260-450

0

"

HU

43

"

155-310

0

"

AR

42

"

155-310

0

"

JU

42

"

155-310

0

"

JE

47

"

155-310

0

"

RA

47

"

155-310

0

"

SU

57

"

260-450

97

"

EM

55

"

260-450

155

"

Would You Like A Second Chance?

By Jay Patrick

Would you like A Second Chance with your life?

---To do the things you never were able to do, to accomplish what you were never

able to accomplish, perhaps, if you are ambitious, to leave the world a little better off than it would have been without you?

I believe that many of you can have that Second Chance, just as I believe that I am having my Second Chance.

About 21 years ago, I read in Life Magazine of a chemist named Irwin Stone, who had spent most of his adult life investigating the powers of Vitamin C.

I had long ignored vitamins and minerals, being turned off by the wild claims of a pyramiding operation that highly touted the virtues of alfalfa, which didn't seem to do miracles for horses.

President of a Northern New Jersey chemical company, I had recently been suffering from severe jaw pains, especially toward the end of a stressful week. Learning that Dr. Stone lived on nearby Staten Island, New York, I took my boat down the Hudson to meet him and his wife.

I found them a middle-aged couple, living in a modest cottage not far from the Island's inner harbor. He worked as an enzyme chemist for a Staten Island firm. His wife, Barbara, was his research assistant, helping to organize his voluminous papers on Vitamin C. Irwin had completed a book on Vitamin C, he told me, and was looking for a publisher.

However, both of them had a head-on collision with a drunken driver while driving through Rapid City, South Dakota, some 10 years before. This had put them in a hospital, near death, for many weeks. But, they both credited high intake of Vitamin C for their recovery, although injury to their throats had made it difficult for them to swallow food, and, especially, vitamin tablets. Indeed, the injury had included damage to Irwin's larynx, which left him with a high squeaky voice.

The three of us had many dinners together, while the dedicated chemist told me more of his love, which he described as the only known panacea, which is beneficial to humans in every walk of life, and with every ailment, because, for one thing, it is the outstanding anti-stress agent, he explained.

I was soon taking six or seven grams of "C" daily---and quickly found that my jaw pains had disappeared.

During our many conversations, Irwin explained to me that we humans suffer from a genetic disease, which he named hypoascorbemia, that makes it impossible for us to produce Vitamin C in our own livers. Only monkeys, apes, guinea pigs, humans, and a type of bat, he reported, suffer from this ailment. All of the other 99.9% of animals convert the glucose circulating through their livers, in four stages, with four enzymes, into ascorbic acid. But this ascorbic acid never circulates in the animal's blood in its acid form. It immediately reacts with minerals present in the liver to form neutral mineral ascorbates. These mineral ascorbates are both ascorbate and mineral transporters, being readily accepted by some 70 trillion body cells which must have both minerals and ascorbates to function, entering the body in the blood stream, for storage in the adrenals, brain, and other organs only as mineral ascorbates.

Thus, Stone emphasized ascorbic acid, although the form of "C" present in oranges, lemons, and other fruit, is not the form of Vitamin C animals circulate. It is an acid intermediate, not the true Vitamin C, which, in volume, is hard on the kidneys and bladder, and induces excessive loss of minerals. Their bodies prefer the non-acid mineral ascorbates, which work so well, as continuously produced in their bodies, that they live 7 to 14 times their period of maturity.

And so, he explained, the dog, for instance, matures in 2 years and lives 2 times 7, or 14 years. But humans, who mature at 20 to 25 years, should, on this basis, live at least 20 times 7, or 140 years. Instead, life expectancy is presently only about 76 years.

Some 10 years before our meeting, Dr. Stone had attended a scientific meeting at which Nobel Laureate in Physics, Dr. Linus Pauling spoke. He noted that Pauling expressed regret that he would not live to see much of the fruit of his discoveries. Stone then wrote Pauling, stating that if he would take Vitamin C, he could greatly extend his life. Dr. Pauling took him at his word, and soon achieved worldwide publicity for his books on the value of Vitamin C . . . and for intake of many grams of "C".

So, Dr. Pauling had his Second Chance. He was able to see much of much of the fruit of his labors and to enjoy worldwide acclaim before his death at 93.

My principal mentor, Irwin Stone, did not do so well. In 1984, I attended a scientific meeting at the Baltimore Hotel in Los Angeles, where Stone was to receive an award for his 50 years of research on Vitamin C.

As my wife, Ymelda, and I entered the hotel, we saw Dr. Stone and Barbara finishing their meal in a French restaurant. We talked, and I told him I had brought some mineral ascorbates in powder form, which would be easy for him to swallow. We agreed to have dinner together the following night.

At about 3:30 the following morning, I was awakened by the telephone in our room. It was Barbara. She said: "Jay, my darling husband has just died. Will you come up to the room?"

I quickly put on my clothes and went up to their room. There Irwin lay, lifeless on the bed, with a strange, yellowish tint to his body.

Barbara tearfully explained that he had awakened at about 3:00 a.m. choking from regurgitation of the food he had eaten the night before, but she was unable to help him. She apparently knew something about the Heimlich Maneuver, but she was not strong enough to perform it on him. So, Irwin quickly choked to death, early on the very day he was to receive an award!

But, Irwin Stone left a legacy. I am honored to carry it on as well as I can.

Indeed, as I have been enabled to scientifically probe the acute need of all humanity for the mineral ascorbates, I find that society has an overwhelming demand for these mineral forms of the true "C". Indeed, I am convinced that, were it possible to arrange to have substantial segments of our society enjoy the benefits of mineral ascorbates, even from their mothers' wombs, the upgrading of the populous would be truly astounding.

Yes, you can have a Second Chance, even as I, at age 57, had my chance. Now in my 86th year, I am most grateful for this second opportunity to prove my worth to society.

P.S. If you want to know how I did it, contact me at:

Alacer Corp.,
19631 Pauling,
Foothill Ranch, CA, 92610

or E-mail: jpatrick@alacercorp.com.

The Health Gap
or
Avoiding The Major Killers
By Jay Patrick

"Everyone of us gets dozens of cancers each day," Dr. Carl Pfeiffer of Princeton, N. J. used to say; But our bodies immediately check the growth of most of them, so, usually, nothing happens. Thousands of scientists are daily working on means to grapple with this great destroyer, but it appears to me that their efforts are largely misdirected. An enormous amount of their time seems to be devoted to "early detection" of cancer, at which time the battle is often lost, rather than to measures that might wholly prevent emergence of the great killer.

Cancer is known to be mostly a disease of the aging, as the immune system of the body goes into steady decline. Indeed, it is this same "system", or "response", that has brought us forward through the ages, against almost insurmountable odds, as we fought every imaginable enemy. Yet, somewhere along the tortuous pathway of our development, we either lost, or never had, the one, almost magical, cellular balancer, detoxifier, and fortifier necessary to extend our lives, to help make our bodies whole, and to step up mightily our resistance to disease.

It appears that, in approaching the problem, we must, first, consider what is most missing in our bodies, that might provide the "fuel" to enable our cells to throw off a host of vicious invaders, including bacteria, viruses, and radiation.

The Missing Agents

Outstanding among these missing elements are the mineral ascorbates, of which their intermediate form, ascorbic acid, has been mislabeled Vitamin C. It is in the full study of these peerless carbo that our medical science has been grossly deficient. Yes, there are some 80,000 papers on the subject of ascorbic acid, but little consideration has been given to the most active forms of this powerful molecule, which protect more than 99.9% of all other animals, the mineral ascorbates.

Thanks to the pioneering work of the British navy, long ago, which found that lemons (limes) could protect its men at sea for months from almost sure death, an awareness of the need for ascorbate, after countless centuries of radically shortened life, is slowly emerging. But this need should be measured in grams rather than in milligrams, because it is not really a vitamin but a liver metabolite, as world authority, Dr. Irwin Stone labeled it many decades ago. Yes, minute quantities will not suffice, if we would strive to be fully alive and fully well.

Setting the Stage

The stage for our two most basic ailments, heart attack and cancer is slowly set, with each advancing year. Deprived of adequate mineral ascorbates, the linings of our arteries start to bleed, then clot, forming scar tissue. This scar tissue then collects the cholesterol, lipids, and, finally, calcium of the plaque that, finally, totally blocks the flow of blood to the heart, inducing death.

However, with a poorly functioning immune system, which can be due in great measure to lack of the mineral ascorbates, either heart attack or cancer may get you first. This wonderful immune response, as some researchers like to call it, must have every nutrient working for it in synergistic power to help ward off a multitude of invaders ranging from the common cold to the most life-threatening diseases.

So, if we were able to produce enough mineral ascorbates to give six to ten grams daily to the entire population, I am confident that the incidence of death from disease, say, to the age of 80, would decline about 50% or more.

Won't you join me? I like to keep some friends close to my own age (85).

P.S. When we had the UCLA Cardiovascular Center in Torrance, CA., x-ray 10 of our employees with the Ultrafast CT scan, 8 out of 10 showed zero (0) plaque, and the 9th and 10th showed very low levels, also insignificant, at which no symptoms appear.

Furthermore, we are inviting several hundred physicians, who have taken our mineral ascorbates for many years, to get their arteries, also, checked We shall publish the results as soon as available.

What Kills Most of Us

By Jay Patrick

It is obvious that the human body wears unevenly. But the most stressed of all organs are the heart and the arteries that serve it. In a 76-year lifetime, the average heart, weighing a little over one pound, will pump some 52,680,000 gallons of blood, which the arteries must carry about the body.

The coronary arteries can withstand this enormous load and the friction on the vessel wall, which are maintained only by continuous replacement of their lining, the intima. This lining must remain smoother than the finest silk for good arterial health.

But, because of poor nutrition, the new cells that try to provide a new lining every two or three days are, with advancing years, of poor quality, so the surface of the lining becomes rough and then starts to bleed.

Patching the Pipes

The body rushes to repair the holes, but, as the bleeding stops, tough, inflexible scar tissue replaces the mirror-smooth surface of the artery and makes the vessel more rigid (atherosclerosis). Then, Protein A quickly adheres to this surface, followed by cholesterol, lipids, and calcium. These products, which are essential to body function and, for perhaps 40 years, have circulated freely over a very smooth surface, now start to accumulate, forming sludge that blocks circulation, ultimately bringing on death, or the very temporary patch-up job of the heart bypass.

Yet, the cause of this arterial breakdown has been apparent for many years. In 1957, two Canadian physicians, Drs. G.C. Willis and W.J. McCormick, clearly identified it as scurvy, lack of Vitamin C, the same liver disease that, centuries ago, killed off most of the sailors who were at sea for months without fresh vegetables or citrus fruit.

Magellan, in 1519, set sail with a fleet of five ships on one of history's great voyages, the circumnavigation of the earth. Three years later, only one ship, with only 18 members of the original crew, returned to Spain, without Magellan.

"Limeys" Survive

Over two hundred years later, in 1747, James Lind, a British ship's surgeon, studied the mysterious malady and found that lemon juice contained an unknown substance that could save his sailors' lives. For lack of limes, the average ship had to return to port within a few weeks, else the bodies of most of the seamen literally fell apart, so they quickly died. But, when the British Navy learned to carry limes (lemons) on their cruises, they could stay at sea for many months.

But foreign navies, which operated without limes, were greatly handicapped, and had to return to port within a few weeks. They could not carry out long voyages, so it

is no wonder that the British navy became so successful, that Britannia Ruled the Seas for more than a century thereafter.

Finally, the magic substance was isolated by Dr. Albert Szent Gyorgyi, the Hungarian scientist, who obtained a great volume from the Paprika pepper of his native land. At first, it was called hexuronic acid----but later re-named ascorbic acid.

Now, I have frequently explained that ascorbic acid is a highly reactive substance that is short on electrons, so it is always looking for mates with which to unite. Thus, when we ingest the acid, we are engaging in a biochemical lottery, since, when it enters the stomach, it may react with whatever product is available. That's because it is only an intermediate for the neutral, mineral ascorbates, which most animals produce in their livers, and then circulate freely through their bodies.

First Things First

"What we don't see doesn't hurt us. What we don't know doesn't pain" (from the once-popular song, Please Don't Take Away My Dreams).

Yet, we great intellectuals, who can fly all over the world, peer into the depths of the cell and know its workings, create the Hydrogen Bomb, rocket to the moon, maybe clone ourselves, and so, on and on: We cannot understand that what is happening to our bodies is the same thing that happened to those ancient sailors. It is scurvy in a subtle form. We can't see it, so we think it does not exist.

We are getting more and more news about the great accomplishments in the field of genetics. Some 4,000 genetic diseases have been identified. Already, we are assuming the God-like role of correcting some of them.

Yet, two genetic liver diseases that oppress all humanity are virtually ignored. The major one is hypoascorbemia, inability to produce Vitamin C in our own livers, as do 99.99% of all other animals. Known exceptions: humans, the guinea pig, monkeys, apes, a type of bat, and a rare rat. The second liver disease from which all humans suffer is hypouricemia. We lack the enzyme uricase, which breaks down excess uric acid, the cause of gout, and converts it into harmless allantoin and carbon dioxide.

So billions and billions of dollars are being expended by research corporations to find solutions to some 4,000 different genetic diseases that affect, erratically some of our population. But very little attention is being given to the two major liver diseases that, in one way or another, affect all humans. Some attention is being given to uricase, and perhaps 50,000 studies have been made of Vitamin C, but no one really works on the problem of re-establishing production of this major substance in our own bodies. Yet mineral ascorbates participate in perhaps 1,000 metabolic functions in the body, especially as the interaction of one substance upon another is considered.

The Great Reaper

This is the liver disease from which all of us who are spared accidental death shall surely die. Why? Because we don't get the superior resistance to disease and longer life, starting, at least, while in our mothers' wombs, that the real Vitamin C, the mineral ascorbates, provide.

So, those who take ascorbic acid under the impression that it is Vitamin C are much in error. Ascorbic acid is the intermediate form of "C", as it is present in vegetables and fruit. Humans cannot tolerate in much volume the acidity of ascorbic acid (pH 2), as it irritates the kidneys, bladder, and intestines. Yet, in the

multi gram quantities we require for good health and longer life, it causes mineral-losing diuresis and diarrhea.

You may ask: How much mineral ascorbate do we really need?

I can't give you an exact formula, because it depends so much on your sex, age, life style, and physical condition. I can tell you, though, that I weigh about 168 lbs., have been taking from 8 to 14 grams daily for the past 25 years. I have not had any colds for some 23 years, as they were comparatively easy to eliminate. Avoiding attacks of the "flu" was harder, though. By stepping up my intake of ascorbates, I could usually knock them out in one to two days. However, for the past 10 years or so I have not had even one such attack.

If you are a woman under 40, you probably do not require as much ascorbate as a man of the same weight. World authority on Vitamin C Irwin Stone told me, some 27 years ago, that he believed that women produce small amounts of vitamin C in their own bodies, which accounts, he said, for their living 6 to 8 years longer than men. Cardiologists inform me that women usually start the formation of plaque about 10 years later than men, but that they often catch up with them in later life.

A Dog's Life

Perhaps you have a dog. Dogs are more fortunate than we, in that they do produce some 2.8 grams of mineral ascorbates daily, as equated to a 154 lb. human. And, as Dr. Stone pointed out to me some 26 years ago, dogs and most animals other than the human animal live 7 times their period of maturity. 2 times 7 is 14. On this basis we human animals should live 7 times our period of maturity which is 20 to 25. 7 times 20 is 140, far above the average of about 76 years.

But, if you own a dog, you will probably notice that, as he gets to be 8 or 10 years old, he starts to have problems. His skin may be affected, for instance, and bloody scale will appear. This is because his production of ascorbate is declining. But if you regularly give your dog adequate mineral ascorbates, this scale will disappear, and he, she, may live up to 20 years. (I once wrote an article: "Forget about yourself. Just Take Care of Your Dog.")

So dogs may show their lack of adequate ascorbate more outwardly than we. Obviously, our reaction in the lining of our arteries is not visible to the naked eye. Deficiency of ascorbate can appear in countless ways. I read of one famous TV star who is going blind. I am sure that she would not be going blind if she had adequate mineral ascorbates in her body, because, next to the adrenals and the brain, high concentrations of ascorbate are quite necessary to prevent degradation of the eyesight, and the high intra-ocular pressure that brings on glaucoma.

When I was nearly 83 years of age, I heard of a miraculous Ultrafast CT scan, which is about 10 times as fast as the "CAT" scan of which you may have heard. I learned that there was one of these CT scans at the UCLA Cardiovascular center in Torrance, CA.

Checking for Plaque

So I decided to go and have a cross section pictures of my arteries taken. I felt a bit apprehensive. I wondered if I had been misleading people for some 23 or so years regarding the feeding and care of their arteries.

I climbed into the tunnel of the Ultrafast CT scan, and in about 30 seconds they took 30 different cross-section views of my arteries. The highly cooperative technician allowed my cameraman and me to watch the results as they were displayed on the screen. The coronary arteries were absolutely clear (0) of all calcium, so

he told me that this was "a new record for an 82-year-old man"!

You see, calcium is the third major substance that clogs the arteries, and the only one that can be picked up by the x-ray. However, the American Heart Association believes that the presence or non-presence of calcium is a clear indication of the total plaque. Thus, I was greatly relieved.

So, I later returned to discuss this extraordinary finding with Dr. Bruce Brundage, head of the Cardiovascular Center. He quickly told me that the finding was interesting, but that it was purely anecdotal, in that an excellent result with one person was not scientific proof that it would occur with the general population. I agreed with him, so, the following week I brought back 10 of our employees who had been taking our mineral ascorbate products.

CT Scan Results

Age Normal
range CT Scan
Results

Jay Patrick	82 years old	over 800	0 calcium
Linda Tagle	76 years old	550-800	0 Calcium
Ymelda Patrick	57 years old	260-450	0 Calcium
HU	43 years old	155-310	0 Calcium
AR	42 years old	155-310	0 Calcium
JU	42 years old	155-310	0 Calcium
JE	47 years old	155-310	0 Calcium
RA	47 years old	155-310	0 Calcium
SU	57 years old	260-450	97 Calcium
EM	55 years old	260-450	155 Calcium

Of the 10 people subsequently checked out, 8 had 0 levels of calcium and the remaining 2 had low levels at which no symptoms appear.

We compared the averages of asymptomatic persons with data provided by several cardiovascular centers. This data showed that it was highly illogical that anyone in the age group covered could possibly get such astounding readings. Indeed, I challenge anyone in the world to take the same age group, which includes a 77 year old woman and an 82 year old man, and get such remarkable findings. The two of our employees who had the higher readings had not been taking their recommended dosage of 4 to 8 grams of mineral ascorbates daily, so they did not show up as well as they should. However, you will note that they were below the readings for other asymptomatic people in their age group.

Saving Smokers?

Furthermore, two of the people, much to our regret, are smokers, who outside of their work probably consume up to a pack of cigarettes a day. Thus, even these people were getting protection against a bad habit that tends to induce cancer and arterial breakdown!

Dr. McCormick reported his finding that every cigarette burns up at least 25 mg of ascorbate, so, obviously, the mineral ascorbates have certainly been compensating in some regard for the bad habit of our two smokers. Perhaps this is something that those cigarette addicts should know about! Further studies of this phenomenon should be undertaken forthwith. (Some 46 Million people are said to be smokers).

Arrangements are being made for studies at several universities of people who take the mineral ascorbates for at least a two-year period. 100 people will receive the mineral ascorbates and 100 will receive a placebo.

Thus we are steadily proving that all the malarkey about cholesterol represents the greatest medical farce of our century, to quote one writer. We have formed The Committee for World Health to conduct a further investigation of the mineral ascorbates. As a non-profit foundation, we expect that it will get the funds to conduct much needed research that has not really ever been done.

Dr. Sherry Lewen, an English researcher, who made a remarkably thorough study of Vitamin C, reports in his book that the second liver enzyme has been given healthy men, and 25% turned up as ascorbate in their bodies. The Committee is going to see what can be done to introduce all four ascorbate pathway enzymes into the liver, so as to eliminate the need for supplementation of mineral ascorbates.

Meanwhile, I strongly recommend mineral ascorbates with the B vitamins and trace elements, timed released, as the best approach to the problem.

Scientists are steadily discovering more and more aspects in which our bodies are less than perfect. I have discussed two known liver diseases, hypoascorbemia and hypouricemia, but there are other inborn ailments that assail most or all of us. In my view, hypoascorbemia is the major ailment of all human kind. The mineral ascorbates that most animals can produce protect their bodies so effectively that, as noted, these animals live 7 times their period of maturity, whereas we live only 3.8 times. As to hypouricemia: some of us can suffer mightily from this excessive production of uric acid, which is commonly known as gout.

Now the normal conception of the gout sufferer is that of an elderly, overweight, highly dissipating person, whose big toe enlarges and makes it difficult for him to walk.

But this is a poorly formed idea of gout. Actually it is a major disease that affects countless millions, often in subtle ways. Indeed, it may develop into a bad case of gout arthritis, which can affect the entire body and, in its extremes, so damage the joints as to make one a helpless cripple.

So, I have discussed the two major, genetic diseases that affect all humanity. There are other genetic diseases from which most of us suffer that are being largely ignored. I shall give attention to them in a subsequent article. But, if the medical profession and medical research will only give more consideration to nutritional approaches to these ailments, I am confident that major strides will be made toward the better health of the world.

Are You On The Brink?

By Jay Patrick

Nearly everyone expresses dismay that some 50,000 Americans annually lose their lives in automobile accidents. Yet the Scientific American Magazine reports in its April, '97 SAM -CD Surgery, that the major annual loss of Americans up to 38 years old amounts to about 150,000 people... from another cause. It's not AIDS. And who can guess what it is? It's trauma!

Most dictionaries define trauma as: "a body injury produced by violence or any thermal, chemical, or other extrinsic agent".

This "body injury" may not be at all obvious. It may be an internal disruption of body function that cannot be seen. However, you might note that three times as many, or some 450,000 additional people who, also, endure trauma, yet do not die, says this distinguished periodical, will, nevertheless, suffer permanent disability!

This adds up to the horrifying toll of some 600,000 young Americans annually, who either die suddenly or suffer life-long disability . . . many of whom may not have a scratch on them! (Aren't they as important as those who have AIDS?)

High Stress

Actually, Dr. Irwin Stone, world pioneer on vitamin C, pointed out to me, in 1970, that some 50% of those who die in automobile accidents suffer no real bodily injury, yet die from the trauma, the high stress of the accident. The chart furnished by The Scientific American in their excellent CD, shows the timing of 862 mysterious deaths from trauma, over a two year period, at a San Francisco General Hospital:

Almost half of those who did reach the hospital (390) were either Dead on Arrival, or died within half an hour. No one in our hospitals knows what to do for them! (Many do not get to a hospital, but go directly to the morgue.) The "wild" aspect of these findings is that the injuries to these persons are not regarded as intrinsically life threatening. Thus, the deaths are identified as due to trauma.

Some 27 years ago Dr. Stone told me that about 50 percent of those who die in automobile accidents, die not from any substantial injuries, but due to the high stress, the trauma, of the accident. Stone felt that, accordingly, it is of high importance that accident victims get immediate help. Thus, he believed that prompt intake of vitamin C, which is the outstanding anti-stress agent in the world, preferable in the form of mineral ascorbates, would save many lives.

"Researchers found," he said, "if one just jingles keys in front of a rat's cage, that, in response to this stress, the rat will quadruple its output of Vitamin C". This illustrates an animal's need for ascorbate, in order to deal with emergencies... and we are animals, too, and have animal bodily needs. Yet 99.9% of all other animals produce the mineral ascorbates of Vitamin C in their own bodies, protecting them against countless ills against which we have almost no protection.

The Scientific American estimates that about three times as many people die annually from Trauma (about 150,000) as from AIDS (about 50,000).

The Major Killer

Indeed, at the first World Congress on Vitamin C which I staged in Palm Springs in 1978, Dr. Stone's topic was Sudden Death. All of this made sense to me, so I introduced at the World Congress where Stone spoke, a new product, named Emergen-C Drink Mix. Emergen-C forms the highly effective mineral ascorbates of vitamin C, and tends to get them very rapidly into the body. It has been the outstanding nutritional drink of America for some 18 years.

As the powder effervesces in water, it forms 7 mineral ascorbates, plus about 25 other mineral complexes, which get nutrients into the cell almost immediately. But daily intake of C, preferably in Timed Release form, with B vitamins and other trace substances (Super Gram III), can probably help enormously to avoid such emergencies. Of course, it will, also step up the immune system, as well.

Stone felt that some 98% of the population was suffering from sub-clinical scurvy (lack of vitamin C). He said it was sub-clinical only because the doctors cannot recognize it for what it really is, frank scurvy, ready to show itself when sudden, high stress is thrust upon the body, burning up what residual C is available to continue its physiological operations. Since almost half of the 862 deaths shown on the chart occurred within the first half hour of hospital entrance, certainly some quick action was needed to save these lives, yet obviously, no such quick action was taken, or is daily being taken, with such everyday cases.

Dr. Stone also told me that animals who, unlike humans, can produce vitamin C in their own livers, produce it in 5 stages. After the 4th stage, in reaction to 4 enzymes, the glucose circulating in their blood becomes ascorbic acid, but it then goes through a 5th stage in which the ascorbic acid reacts with minerals present in the liver to form mineral ascorbates. These are neutral forms of C which, unlike the highly acidic, ascorbic acid, are non-irritating to the blood vessels of the body. They are also picked up more quickly by body cells, since the minerals act as ascorbate transporters to carry this vital nutrition throughout every area, from head to toe.

The Terror of Trauma

I regard this as a very terrifying situation: That so many thousands of our fellows, when subject to some stress, without visibly sign of physical injury, may die in a matter of minutes. It's hard to believe, but it's been documented for many years. In fact, I have discussed the subject at great length with a distinguished physician and re-searcher who has been a close advisor for some 25 years, Dr. Abram Hoffer of Victoria, B.C. It was he and another Canadian researcher, Dr. Humphrey Osmond, who first learned, some 35 years ago, that most schizophrenia can be cured or checked with high doses of Vitamin C and niacin. Still carrying on a very active practice, at 79, Hoffer recently said:

"Many years ago, when only crude measures were employed, it was found that animals exposed to stress such as throwing them into cold water, would lose all the vitamin C from their adrenal glands. As with humans, the adrenal cortex is the animals' major depository of Vitamin C, which may seem strange. Why is it there? I think it is there because it surrounds the adrenal medulla which is full of adrenaline. The adrenaline released from the medulla, the center of the gland, must travel through the cortex. I think the ascorbate is used to protect the adrenaline from oxidation, so that it can be released in its true state, not as some by-product such as adrenochrome, which induces schizophrenia.

"I am convinced," he continues, "that if everyone were to take enough ascorbate, they would not die as frequently as they now do from severe shock, excluding major loss of blood or organs. I think Irwin Stone was correct. Several years ago, I tried to get the local hospital to place all patients on the surgical waiting list on at least one gram a day, telling them that they could drastically cut down deaths and the number of days in the hospital, but they would not even consider this. I believe vitamin C is the major anti-stress nutrient in the body. Furthermore, if you take "C" as the neutral mineral ascorbates, your body can easily tolerate many, many grams of this live-saving nutrient." What Causes Sudden Death?

One important piece of information that is missing from the S.F. Hospital report; What were the life styles of these 862 who went so suddenly to their death?

Alas, this information is not readily available. But I will bet that smokers greatly predominated. Many years ago the pioneering Canadian physician, Dr. W.F. McCormick, calculated that each cigarette burns up about 25 mg of ascorbate in the average body. So, a few cigarettes can quickly put one in a deficit condition regarding his 'C' level, especially in his brain, the master cylinder that is secondary only to the adrenal glands as a storage point for ascorbate.

Anyway, I'm going to ask the Committee for World Health to conduct an investigation of the life habits of all people who end up so suddenly in the morgue without any substantial body injuries. Such information, in fact, should be an integral part of every coroner's report.

Taking the Breath Away

In Israel, two researchers, Biochemists Herman Soreg and Alon Friedman of Hebrew University recently unearthed a great clue as to a major brain dysfunction that may occur when the body is short on mineral ascorbates.

The Israel army was concerned that its soldiers might be subject to a chemical attack that interferes with the function of an enzyme, acetylcholinesterase. So the soldiers administered pyridostigmine, a drug that protects against such chemical attacks. Although the attacks never took place, after the soldiers had been in combat, the drug bridged the blood brain barrier, and induced serious side effects, something it was not supposed to do, reports the May '97 issue of Discover.

Puzzled by this result, Soreg and Friedman immersed mice in very cold water to stress them, then injected blue dye, which promptly went to the supposedly impregnable brains of the animals.

This is a rather revolutionary finding, since it opens up the possibility that, under conditions of severe stress, the human brain may be subject to invasion from which it is supposedly immune.

Biochemists have long since been aware that the brain protects itself with the blood brain barrier against countless potentially damaging substances present in the normal body. But, if stress can induce the brain to lower its bars, the menace that trauma presents to mental and physical well-being can be greatly intensified.

Thus, the brain which has lost all or almost all of its ascorbate protector appears to have a much greater vulnerability to total break-down, with deadly consequences. I surmise that this sudden admission to the brain of such usually inadmissible, potentially poisonous substances may be one of the principal factors in the high incidence of sudden death.

But why don't other animals, including the young ones, experience sudden death under the trauma of stress? That must be because more than 99.9% produce high levels of ascorbate in their own bodies. As I have previously mentioned, just jingle keys in front of a rat's cage, and it will quadruple its output of ascorbate to counter the stress.

panacea: a remedy for all disease or ills.

Panacea: an ancient Greek Goddess of Healing.

Long ago, Dr. Irwin Stone told me "ascorbate is the only known panacea. No matter what one's ailment, it helps to mitigate or cure it." Ascorbate works, he explained, in countless ways to protect the body and re-establish its full function. I feel that it has remarkable ability to restore balance to the cell, the unit of life.

Another ascorbate researcher, Dr. Frederick Klenner, of Reidville, N.C. found that intravenous administration of massive amounts of ascorbate could bring about the complete recovery of patients suffering from an enormous variety of ailments, ranging from snake bite to encephalitis of the brain. His results are all documented in a book.

The Real "C"

Thus, it became evident to me, some 25 years ago, that the only real vitamin C is the type of C that animals produce in their own bodies, mineral ascorbates. And so I abandoned the chemical business which I had headed for some 30 years in New

Jersey, and returned to my native California, determined to produce the mineral ascorbates so essential to full health and long life.

Yet most of the world is not awakened to this fact: If you try to take the level of "C" you require, which should be many grams, generally, you will find that you cannot tolerate ascorbic acid in the multi gram quantities your body really needs. Ascorbic acid has a pH of about 2, which is highly irritating to the kidneys and bladder and tends to pull minerals out of the body, rather than introduce them, as is the case with mineral ascorbates.

Nobel Laureate Linus Pauling learned this, but he still kept on advising people to take the "cheapest "C" available, even though he reported highly adverse findings in the book "Cancer and Vitamin C", which he co-authored with Dr. Ewan Cameron, in that high intake (10 grams) of ascorbic acid induced "heartburn, flatulence, nausea, and especially diarrhea".

So I had a good reason for naming our new product Emergen-C which, when immersed in water, immediately forms the mineral ascorbates.

In 1989 I noted a San Jose, Calif. Mercury newspaper article which stated: "Asians In Their 30's Are Dying Mysteriously". I wrote the paper, explaining that their cause of death was quite obviously scurvy, but received no reply. Two years later, in 1991, after returning from staging the Second World Congress in San Diego, we had a most dismaying occurrence. A 32-year-old Filipino had been working for us as head of our maintenance department for about two years. Since we had moved to Irvine, he had a long distance to drive, so he chose to work a ten-hour, four-day week, which put extra stress on his body. He also declined to take any of our vitamin C products which we were producing.

On a Wednesday, this young man rose at 12:00 midnight from his bed, only to promptly die. I attended his funeral, where they spoke of all the many things he had been doing for his fellow Filipino's in the community, which, of course contributed to more stress on his body.

After the funeral, I attended a luncheon in the home of the sister-in-law with whom he and his family lived. Spread before me was a very long table, all laden with boiled food. His sister-in-law, an anesthesiologist, explained that while she might take half an hour to prepare a meal, he took three hours, obviously boiling everything to death...

This was further proof that he had cooked out all the residual vitamin C in his food, which seems to be a common practice among Asians. I now had the explanation of his death, scurvy, as well as the deaths of many other Asians, Sudden Death, by the book of Dr. Irwin Stone.

Baa, Baa, Baa!

Rudy Vallee, Jay Patrick, and Ymelda Patrick

When he was about 82 years old, the famed old-time singer, Rudy Vallee, the Bing Crosby of his time, (The Wiffenpoof Song, The Stein Song) got in touch with me and asked for assistance with his diet. We supplied him with our mineral ascorbates and other products for about three years. Indeed, my wife and I attended, in 1985, a Thanksgiving dinner for twelve in his Hollywood home, which proved to be his last Thanksgiving.

However, he later had a fall on his estate and had to have 13 stitches taken in his head, although no bones were broken, probably due to his good diet. But, he was not

in touch with me over a period of some three weeks. I learned that an x-ray technician had discovered that he had a tumor on his esophagus. Rudy decided to have the tumor taken out, without mentioning it to me, although I would have warned him to maintain a high level of ascorbates both before and after the operation.

He underwent the operation at a well-known Los Angeles hospital. The operation was a "success" and the tumor benign, but he promptly had a stroke that left him in a coma! I visited him, although he was still unconscious, but he died two weeks after the operation. I later learned that he had no ascorbate before or after the operation, as the hospital had taken it away from him, so he suffered the rebound effect of total deprivation of "C" without any of the supportive action which he needed in a period of great stress. Thus, I believe his brain gave in to the shock, so he suffered a very serious stroke.

Equal Problem, Different Result!

Interestingly, when having a routine examination about three years later, I learned that I, too, had a tumor on my esophagus, although it had never bothered me. Indeed, it may have been there for more than 25 years. However, I decided to have it taken out while I was in condition good enough to sustain an operation. But I was much concerned that good blood for transfusion be available, since I did not regard the blood banks at that time as being too trustworthy.

The first surgeon I consulted in Anaheim regarding my request for good nutrition was a very imperious fellow, who told me very emphatically that his patients would take what he told them they should take and nothing else. So I immediately discharged him and turned to Loma Linda Hospital, near San Bernardino, California. The fine surgeon there readily agreed that I could take all of the vitamins I wished, both before and after the operation.

I accumulated four pints of O Positive blood with the Red Cross, three from my stepchildren and one from me, which were sent to the hospital for my specific use. . I, also, was determined to maintain high levels of mineral ascorbate, both before and after the operation, since I did not want to follow the death route taken by my friend Rudy.

So I went in for the operation on a Friday morning and took some 10 grams of mineral ascorbates with B Vitamins, Timed Release. They operated at about noon. But this was a rather difficult operation, which involved spreading apart the ribs on my left side.. However, my blood coagulated so readily that not one drop of blood was needed for transfusion.. I walked away from the hospital the following Tuesday morning, essentially very well recovered from the operation.

Thus I have reported on two operations of the same type, on men in their 80's, with opposite results. You may choose which way you care to go, if you require an operation.

What Helps Keep Us Alive

I have re-established the Committee for World Health as a non-profit foundation to investigate more intensively the major ailments of man, especially the Two Genetic Liver Diseases, hypoascorbemia (inability to produce vitamin C in one's own body), and hypouricasemia (inability to produce uricase, which inactivates the uric acid that induces gout and the crippling disease, gout arthritis).

The Committee, under the direction of molecular biochemist, Dr. Richard Dana, is trying to organize in San Diego a program under which patients arriving at a local hospital will be given at least two grams of mineral ascorbates, immediately, upon arrival. The ascorbates will be given either as an effervescent drink, a tablet, or

intravenously. Once this program has been followed, I predict it will clearly become evident that deaths and disability from trauma can be radically reduced. The period of recovery will also be shortened mightily, you may be sure. Indeed, I hereby challenge the hospitals to give this program a try. Certainly, it can help to keep their patients around a little longer, instead of their being carted off to the morgue.

This program will help to prove to a disbelieving medical profession what can be done about the disabling liver disease, hypoascorbemia, that handicaps all humankind. However, such emergency procedures, though helpful in saving lives, are not really enough. All of us should be taking from 4 to 10 grams daily of mineral ascorbates in timed release tablets, which would protect us against the situations that bring on trauma and strengthen our resistance to disease, as well.

But I must tell you, at this juncture, that the intransigence of the medical profession is almost beyond belief. Most doctors and most medical researchers are so wrapped up in their strictly drug approach, where the big money is, that it is, still, most difficult to break through the Wall of Authority that they have imposed on our very lives. Thus, the chief concern of so many in the profession is to protect their turf, rather than to really help their patients. And the average doctor is, himself, so immersed in this drug, patch-up approach that he doesn't live as long as his patients: He dies at 57!

An Exceptional Physician

A notable exception is Dr. William Saccoman of El Cajon, who has utilized nutrition in his practice for some 20 years. I wrote about him some 17 years ago. The wife of an Orange County publicist had been in an Anaheim hospital for several weeks, with a badly swollen leg from phlebitis, about which they could do nothing. In fact, they feared that the clot in her leg might loosen, travel to her heart, and kill her. But they didn't know what to do about her case, so, astoundingly, they asked that she leave the hospital. At my suggestion, her husband picked her up in his car, and drove her to Dr. Saccoman in San Diego, who promptly put her in a hospital. There, he gave her, alternately, tablets of mineral ascorbates and niacin. Within three days she left the hospital, a well woman.

But, some months later, after the doctor had performed a few more miracles of alternative medicine, he was told that he was no longer accredited to the hospital, so he could not place any more patients there. In subsequent years, as Saccoman proceeded to employ his knowledge of good nutrition in two other San Diego hospitals, he was, for similar reasons, denied their facilities for his patients. Understand, though, this is par for the course. All over the U.S., doctors have even lost their licenses to practice simply because their methods did not conform to the generally accepted procedures of their peers. Since most of their peers know almost nothing about nutrition, a great injustice to the doctors who do, and to their patients, obviously ensues. Thus does a Medical Monopoly, supposed established to protect the public, serve, instead to abuse the public and to enormously step up the death rate and the failures of doctors to perform for the public good.

Cop Stress

Dr Hugh Riordan, who heads The Center for the Improvement of Human Function, in Wichita, Kansas wondered about what happens to blood levels of ascorbate under stress. So, he checked the ascorbate blood levels of a group of Wichita policemen, just before they were to go on strenuous night duty. He found their ascorbate levels to be fair. Then he checked the policemen again, after 8 hours of stressful duty. Ascorbate blood levels: undetectable.

Stallone Survives

In producing the first Rambo film, Sylvester Stallone underwent many days of strenuous agony.

I interviewed him for three and a half hours after he had completed the picture, in his California home. He felt I had saved his life with Emergen-C. You can see the story, as it appeared in Sports Science. ()

On The Edge

Obviously, the average person is tottering on the edge of a precipice, unaware that a minor accident can easily occur that can quickly destroy him, or immobilize him for life.

A word to the wise is sometimes sufficient.

Cost Analysis: The reported cost of treating one case of AIDS latest, highly touted, drug is \$15,000 annually, or \$41.10 a day. However, we believe Death from Trauma can probably be prevented for as low as 16 cents a day.

Try our mineral ascorbates! We know that you will feel a clear benefit the very First Day !

Jay Patrick's Articles 1-32

1) Are Girls Smarter?

Biologists have long been aware that girls have many superiorities over boys in performance, perhaps in intelligence.

The July 30th issue of U.S. News and World Report elaborates upon this difference between the sexes. They state: "Boys earn 70% of the D's and F's that teachers dole out. They make up 2/3 of students labeled learning disabled. They are the culprits in a whopping 9 of 10 alcohol and drug-related violations and the suspected perpetrators in 4 out of 5 crimes that end up in juvenile court."

They go on about this inferiority yet there is no explanation of its cause. I think I know the cause. I have written an article entitled "Specialized Woman" in which I discuss a factor that seems to be greatly ignored by biologists.

Women are truly specialized in that their bodies are formed for childbirth. However, in order to produce a whole baby, it is quite necessary that the woman have some excess Vitamin C as mineral ascorbates in her body.

The Body's Glue

If she does not, the connective tissue that separates every organ and holds the body together cannot be formed. This connective tissue is produced in the infant baby's body with mineral ascorbates and amino acids such as proline and lysine. Indeed, Nobel Laureate Dr. Albert Szent-Györgyi has said that ascorbate is "the glue that holds the body together."

Furthermore, once she has the baby, the woman's milk contains the mineral ascorbates of Vitamin C that she has produced, which is quite essential for the full health of the baby. (The formulas confidently used by many mothers may contain a little bit of ascorbic acid but are really very poor simulations of true mother's milk.)

Actually, most people never fully develop their bodies, because we suffer from a genetic defect that we cannot produce mineral ascorbates in our livers. In my case, I came in to the world with weak arches in my feet. Accordingly, I had to wear steel arch supports for around 50 years, which handicapped me greatly in my walking. But, within a few months after I started taking Vitamin C, at age 59, my arches acquired greater strength and I was able to throw away the painful arch supports.

Because she produces this ascorbate in her own body, the woman's coronary arteries tend to remain essentially clear. This is not because she produces less cholesterol in her body, the major fraud of our medical profession, but because the lining of the coronary arteries is replaced every 2 or 3 days, and it must be replaced with cells that contain adequate Vitamin C, otherwise they bleed. They then form scar tissue in the artery wall which was once mirror-like in its finish. It is this scar tissue which collects the cholesterol, followed by lipids and calcium, in about equal parts.

Thus, it is clearly evident to me that girls are specialized for the production of babies, as noted in my article Specialized Woman. Their babies must have an adequate supply of mineral ascorbates in the womb to aid in the construction of the connective tissue that separates every organ of the body and for the other stresses of being born. So, until she is no longer of child-bearing age, the woman's body is daily loaded with a substantial volume of mineral ascorbates. But, until required for childbirth, this mineral ascorbate can serve to substantially enhance the function of her brain and, to, also, protect her coronary arteries.

Master Control Center

Repeating: This level of mineral ascorbate production serves not only as an essential of childbirth but can aid the young woman's brain, the master control center of the body, to function more effectively.

I think that's why girls are smarter.

On the other hand, there is no evidence that men ever produce mineral ascorbates in their bodies. This explains why they usually experience occlusion of their coronary arteries at least 10 years sooner than women.

This is just one example, but there must be many. Actually our brains require enormous amounts of mineral ascorbates in their development and for daily function. Thus, we have noted that pregnant women who take 8 to 10 grams of mineral ascorbates during their pregnancy produce children who are essentially whole, physically, and, also, tend to be of superior intelligence.

This is because Mother Nature does not provide enough mineral ascorbates in women to maximize their benefits. In this connection, it is interesting to note that production of ascorbate among some 3.4 million species of animal averages 10 grams (10,000 mg) of mineral ascorbates daily, when equated to a 154 lb. human.

Furthermore, the brains of all young children, as well as their bodies, are still in a developmental stage and can benefit greatly if they receive the mineral ascorbates, after birth, and for many, many years thereafter.

But, all this seems to show a way in which we can step up the level of boys' intelligence. Just give them mineral ascorbates daily! This will help them to catch up with the girls.

Conclusion: I think that research under which schoolboys are given at least 1 gram (1 packet, 1000 mg) of mineral ascorbates daily for an entire semester should promptly be conducted. I am sure beyond all doubt that substantial elevation of their mental powers will occur, plus an appreciable benefit to their health, even though levels much higher than 1 gram daily should be tried by those who are seriously interested in accomplishing great results.

Any school interested in conducting this valuable research is invited to contact me.

2) Sudden Death

Introduction

by Jay Patrick

In March of 1978, I formed The Committee for World Health, first, to stage the World Congress on Vitamin C, celebrating the 50th anniversary of the isolation of ascorbic acid by Dr. Albert Szent-Györgyi.

Among the leading speakers on that occasion was Dr. Irwin Stone, the enzymatic chemist who did most to promote Vitamin C, although he contented himself with ascorbic acid, which is not really Vitamin C but the fourth stage in the animal's body. The fifth stage is where the ascorbic acid reacts with minerals present in the liver to form the neutral ascorbates of some seven different minerals, which can go into body cells far more effectively than the highly acid ascorbic acid.

Aside: I recently completed the reading of *Two Years Before the Mast* by Richard Dana, a relative of our Director of Research, also a Richard Dana. In this 400-page document he reports two cases where a number of their sailors suffered so severely from scurvy that they almost died. Indeed their lives were saved only by fresh vegetables, which contained enough ascorbate to bring them back from their extreme conditions, which, in the absence of a total breakdown of the body, scurvy, is never, ever a condition of really good health of mind and body to which we all would aspire. Indeed, it is a state of terminal health, which, Stone said, applies to the great majority of us. That is why a serious accident can, with its enormous trauma, quickly deprive the brain of that vital substance without which it cannot function, ascorbate, which results in hundreds of thousands of deaths annually from the resulting trauma.

However, Dr. Irwin Stone's presentation at that Congress follows,

Sudden Death

A Look Back From Ascorbate's 50th Anniversary by Dr. Irwin Stone

At sea, where no greens, fresh meats or fruits are to be had, the prognostics in this disease are sometimes deceitful; for people that appear to be but slightly scorbutic, are apt to be suddenly and unexpectedly seized with some of its worse symptoms. Their dropping down dead upon an exertion of their strength, or change of air, is not easily foretold; though it generally happens after a tedious confinement in a foul air.

James Lind, *Treatise of the Scurvy*, 1753

Sudden Death has been known and observed for centuries as the characteristic final pathognomonic symptom of scurvy. There are numerous references, like the one above, in Dr. James Lind's Medical Classic, "A Treatise of the Scurvy," published in 1753, to sudden and unexpected death due to scurvy.

Lind: born in 1716, died in 1794, will be remembered as the great British Naval Physician called "The Father of Nautical Medicine," who conducted the first scientifically accurate medical experiment on shipboard on 12 scorbutic sailors in 1740. He proved that the appearance of the classic symptoms of scurvy could be prevented or cleared up by giving its victims or potential victims one ounce of fresh lemon juice a day.

Providing the seamen with this daily ration of lemon juice was proposed to the British Admiralty to eliminate scurvy in the Royal Navy. It took 42 years and the "Sudden Deaths" of an estimated 100,000 scorbutic sailors before this simple suggestion was approved. This regulation went into effect in 1795, one year after Lind had passed away, so he never saw the great benefits from the practical application of his work. This simple expedient, besides saving the lives of countless seamen, British ships could remain at sea for months because they carried limes. Other navies had to return home within weeks or lose most of their crews to scurvy. This assured Britain the Mastery of the Seas and completely changed the course of history in the 19th Century.

Lind's unusual book was the first early medical tract that reads like a modern textbook of Medicine. It records not only Dr. Lind's many years of personal contact and observations on scorbutic sailors on shipboard, but also his wide experience in autopsies on sailors who experienced this "Sudden Death." The book is unique in that Dr. Lind also records the observations of earlier authors writing on this dread disease in a chapter called, "Bibliotheca Scorbutica." His first reference to sudden death is dated 1541. His book should be reprinted and made required reading in the Medical Schools so that present MD's do not forget the lessons of scurvy and will be alerted to the deadly dangers of this disease, which is still so endemic and wide spread in our population.

It also showed 19th Century and early 20th Century Medicine how to avoid the terminal symptoms of this deadly disease, which in their ignorance they equated with a total cure of the disease. One bad feature of Lind's work was that it tended to confirm the centuries-old impression that scurvy was related to the foods we ate. This led to further clinical work by nutritionists of the latter part of the 19th Century and early 20th Century which ultimately produced the conclusion that diseases could be caused by something missing in the diet. Casimir Funk proposed, in 1912, the "Vitamine-Deficiency Disease Hypothesis."

In 1912, not much more was known about scurvy than was recorded by Lind in 1753 and "Vitamine C" was just a speculative, hypothetical substance whose existence was not even certain until 20 years later with the discovery of ascorbic acid. The application of this hypothesis to the diseases caused by vitamin A or the B vitamins has stood the test of Time better than the total application of this hypothesis to scurvy. Further research on ascorbate after its discovery in the early 1930's brought out data which questioned the accuracy of the vitamin C Hypothesis, especially in the matter of the size of the required daily intakes of ascorbate.

Man's Genetic Disease

This led to the showing in 1966 that scurvy's basic etiology was that of an "inborn error of carbohydrate metabolism," a liver-enzyme disease, named Hypoascorbemia, caused by a defective human gene for the liver enzyme, L-gulonolactone oxidase (GLO) and not simply caused by improper foods. This birth defect for GLO prevents humans from producing their own large quantities of ascorbate each day, as nearly all the other mammals do. Improper foods are not a cause of this disease, but merely a complication involved in the workings of this potentially fatal birth defect, the real cause.

By this time, however, the misleading Vitamin C-Nutritional hypothesis had become euphoric established Medical Dogma, requiring a re-education and re-orientation of present and future doctors into the many dangers to health of this universal human birth defect.

After over 60 years of this nutritional propaganda, major medical mental-blocks have been created which have interfered with clinical research by preventing clear thinking regarding the necessary dosages of daily ascorbate required for fully correcting this birth defect and for health maintenance and the therapy of many diseases. Because of ignorance of the proper daily dosage, Hypoascorbemia is endemic and Chronic Subclinical Scurvy (CSS Syndrome) has become our most widespread and insidious disease. The chronic insults of the CSS Syndrome sets the stage for the high incidence, morbidity and high mortality of cancer, heart disease, strokes, diabetes and many other current serious medical problems including Sudden Infant Death and Drug Addiction. The continuing application of the outdated tenets of this vitamin C Hypothesis by orthodox Medicine has only assured the continued high rate of scorbutic sicknesses and scorbutic sudden death in our population, deaths that can be so easily and inexpensively avoided.

Crib Death

The first and most obvious condition of modern "Sudden Death" which comes to mind is the Sudden Infant Death Syndrome or "Crib Death." This kills 8,000 to 10,000 infants a year in this country, which is probably a low estimate. In this fatal condition we have the most data involving its relation to scurvy and it is almost a certainty, even without double-blind studies, that these deaths are due to infantile scurvy and are unnecessary and easily preventable. Through the clinical efforts of Dr. Frederick R. Klenner and Drs. Archie Kalokerinos and Glen Dettman, this disease should no longer exist and it is only a matter of resolving some high level medical politics before it will become extinct. Reference should be especially made to Dr. Kalokerinos' book on Sudden Infant Death Syndrome, **EVERY SECOND CHILD**.

The disease usually afflicts infants under 1 year old and runs its course swiftly and surely - the baby is put to bed in apparent health and is found dead the next morning. Neither suffocation or strangulation from the bedclothes are a factor and Drs. Klenner, Kalokerinos and Dettman agree that the cause is infantile scurvy, a condition that can be so easily corrected and avoided. There are usually no characteristic physical signs of the disease after death except possibly some slight, hardly noticeable liver changes and the pathognomonic absence of ascorbate in the residual urine in the bladder at autopsy. This latter finding is not characteristic of SIDS, because nearly all sick scorbutic patients who expire, infants, older children and adults will show zero ascorbate urinary spillover, by the C-STIX test. The term "Sick Scorbutic Patients" is applicable to nearly all hospital admissions and has led Dr. Robert Cathcart to call hospitals "Scurvy Houses."

Let us now glance at the physiological history of the future SIDS victim. When babies are born to scorbutic mothers, the bulk of which present day mothers are in this condition, the infant has already suffered from 9 months of intrauterine subclinical scurvy, even though the fetus tried hard to scavenge every bit of the anti-stressor ascorbate, from the mother's body. Sickly and smoking mothers put an added burden on the ascorbate metabolism of the infant. When the incident stresses get far beyond ascorbate compensation, that is when SIDS takes over and sudden death ensues.

Prevention of SIDS should begin before the baby is born. The Mother should use the regime suggested by Dr. Klenner of about 10 to 15 grams of ascorbate a day throughout pregnancy and lactation. Strong multivitamin and multimineral preparations should also be taken. When the baby is born, it should be given for the first year, about 1 gram a day of ascorbate in spaced doses. Besides its preventive effect in SIDS, this regime has many other salutary effects on the course of pregnancy, childbirth, healing, lactation and the

production of an extremely robust, healthy baby as shown by its use in over 2,500 pregnancies by Dr. Klenner.

Sudden Adult Deaths

Let us look now into the sudden deaths occurring in adults like heart attacks, strokes, bursting aneurisms, the traumatic and hemorrhagic shock that quickly kills accident victims, the surgical shock that finishes off the patient on the operating table, the fatal anaphylactic shock reactions, the rapidly fatal acute leukemias, fatal exposure to ionizing radiation, the fatal rejection of transplanted organs and many others.

These are all basically conditions that occur as a result of the long term insults of the chronic lack of abundant amounts of ascorbate, producing, to name a few: low strength, poor quality collagen in the heart and vascular system and other organs, having an immune system that lacks ascorbate to keep it functioning at 100% efficiency, lack of sufficient ascorbate to maintain biochemical homeostasis at a cellular level by allowing the oxidation-reduction potential (rH) of the tissues to rise beyond its optimal level. An internal environment of abundant ascorbate is characteristic of most of the other mammals, a trait that has served them well over the past 165 million years.

I can personally attest to the value of ascorbate in controlling shock. Both my wife and I were involved in a serious automobile accident in 1960 in which we were both severely injured. We had been taking regularly at that time and for many years prior, about 5 grams of ascorbate daily. Neither of us went into traumatic or hemorrhagic shock, which, undoubtedly saved our lives. I am convinced that I would not have survived the injuries and blood loss without the help of the large doses of ascorbate.

What this all boils down to is that Sudden Death in adults is similar in etiology to the Sudden Infant Death Syndrome, except that in adults it takes a little longer. Basically the roots of both these types of death are steeped in the easily correctable chronic subclinical scurvy that afflicts nearly every member of our population. The mere addition of 10 to 20 grams of ascorbate to our daily intake would essentially correct the CSS Syndrome for most people, at least it would be a good point to start. Studies should be started to see what the correction effect on health and "Sudden Death" would be. If it works as well as I think it should, this simple expedient would completely wreck our present statistical tables on the incidence of diseases, death and life expectancy.

The Ignored Disease

In future cases of sudden death, the important influence of the patient's uncorrected chronic subclinical scurvy should always be suspect and this is easily confirmed by testing the urine with the 10 second C-STIX test. It will come as an unpleasant surprise to the well financed watch-dog Government Agencies whose duties include the maintenance of the good health of the American people and a reduction in the American death rates to learn that this ancient killer, the CSS Syndrome, is still plaguing Mankind with pretty good efficiency. This is the disease that the Center for Disease Control, the various divisions of National Institutes of Health colossus, the Food and Drug Administration thought was licked in 1912, by giving "Homeopathic" doses of ascorbate.

When confronted with any new disease which does not respond to their customary medications, these Agencies always seem so helpless and hopeless and never think of looking into the scorbutic status of the patient. The stressful medications, vaccines and

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

treatments that they use only further deplete their victims' bodies of the little ascorbate present and exacerbate the CSS Syndrome.

The vaccines usually don't work because the scorbutic patient's immune system does not respond efficiently. They would achieve a lot more success in their treatments if they used mega doses of ascorbate to supplement their present orthodox therapy, because right now their treatments are handicapped by the lack of resistance and the poor physiological responses of a severely scorbutic body.

I will just mention two recent instances to illustrate my point. The first is the "Legionnaire's Disease" which appeared a couple of years ago, with many deaths. It is still an unknown entity. In all that I have read about this disease, I have never seen a report that anyone tested the scorbutic status of the patients either during life or after death, nor that anyone ever administered therapeutic dose of ascorbate. This seems incredible, when it is realized that the CSS Syndrome is our most widespread disease and everyone suffers from the birth defect for GLO causing it. It is likely that a few mega intravenous shots of mineral ascorbate would have saved these poor victims. Why wasn't it tried as a "last resort"? They had nothing better to offer?

The Mystery Deaths

The second is the more recent "Mystery Deaths" which, according to a recent account are killing about 6,000 victims a year. The deaths "continue to baffle the medical experts" which comprise, at least, the Medical Examiners of Chicago, Indianapolis, Dallas and Miami. They all agree that "stress-physical or emotional appears to play a role in some of the mystery deaths." All right, but did these coroners take the next logical step and simply determine the ascorbate level in the residual urine in the victim's-bladder? Probably not, otherwise they would have duplicated our autopsy results of zero. (A person fully correcting the CSS Syndrome excretes at least 100 mg% ascorbate).

There are "a small number of cases every year in every major U.S. city involving the natural deaths of otherwise healthy young people, most of them 15 to 30 years old, for which no trace of a cause can be found. Most of them literally drop dead." Dr. Lind, 225 years ago, provided the diagnosis for "Mystery Death" which is quoted on the first page of this paper. Lind's use of "Foul Air" can now be interpreted as tobacco smoke, gasoline fumes and "Major City" pollution.

In my opinion these "Mystery Deaths" are nothing more than "Crib Deaths" on an older age group who have successfully avoided dying in their cribs only to be struck down later by the same poorly corrected birth defect for GLO. Like crib death, this "Mystery Death" could be prevented by Dr. Klenner's regime of giving, beginning at birth, 1 gram per day of ascorbate per year of age up to age 10 and then 10 grams a day there after for the rest of life. On days of heavy stress more ascorbate may be required.

The greatest advance in this century for improving the health of the American people and increasing their healthy, productive Life Span, will come only when the National Institutes of Health, the Center for Disease Control, the Food and Drug Administration and all other concerned with health become aware of the necessity for eliminating the CSS Syndrome by simply and fully correcting this human birth defect for GLO, and recommended an inexpensive megascorbic protective regime.

Until this is done, the American public will continue in its unhealthy scorbutic ways, going from one medical crisis to another. At present, this decision depends upon the whims of the great Medical Bureaucracy and the tax paying public should have much more to say. The decision is forty years overdue. The time is now. Write your Congressman!!

Sudden and unexpected death has been a characteristic pathognomonic symptom of scurvy known for centuries. The Sudden Infant Death Syndrome, the only characteristic symptom of which is the sudden and unexpected death of the apparently healthy victim, has been shown to be due to infantile scurvy. Because of the genetic origin of scurvy and the inadequate correction of this human birth defect, among large sectors of our population, it is postulated, and evidence is presented, that other forms of sudden and unexpected death which massacre millions yearly, are manifestations of the continued long term insults of the chronic subclinical scurvy afflicting all these victims.

These include Sudden Death caused by heart attacks, strokes, the traumatic and hemorrhagic shock in accident victims, the surgical shock which finishes off patients on the operating table, anaphylactic shock reactions, the rapidly fatal leukemias, fatal exposure to ionizing, adiation, fatal rejection of transplanted organs, Legionnaire's disease and the new "Mystery Deaths" in which apparently healthy, 15 to 30 year olds, just suddenly and unexpectedly, drop dead.

It is suggested that the full correction of this human birth defect by simply taking daily mega doses of ascorbate would act prophylactically to reduce this slaughter. It is also suggested that clinical tests of this harmless procedure be started by government agencies whose function is to protect the health and reduce the death rate of the American people.

3) Comatose Patient Returns to Life

We all know that in these non-biblical times no one is ever brought back to life from the dead. German Grandillo, age 24, could be a different case.

This young and handsome Mexican citizen was in an automobile accident in the Imperial Valley, California, on February 2nd. He suffered no obvious physical injury, but the shock of the whole affair resulted in brain hypoxia, and he became completely comatose. Only the area of the brain which controls the breathing remained operational.

He was taken to a San Diego hospital on a respirator where they performed two operations, the first, a tracheotomy in which a tube went down into his body to bypass the nasal passages for breathing and, secondly, an opening was made into the stomach and a tube inserted for feeding him.

For two months he lay in the San Diego hospital with minimum indications of any life, accumulating enormous daily bills for his 24-hour care. His parents, good citizens of Mexico City, found the heavy hospital expense unbearable and transferred him to the much lower cost Ingles Hospital in Tijuana, under the supervision of Dr. Armando Garcia, a surgeon. Doctors who attended him thought he would die within 10 days.

The patient lay in the Tijuana hospital for some three months, under 24-hour nursing care, without any signs of improvement. Then, learning of the powerful benefits of the

mineral ascorbates as available in the U.S.A., Dr. Garcia decided to try these remarkable forms of "C" such as 3.4 million species of animals produce in their own livers, the real mineral ascorbates. These are neutral in pH and quite essential to brain and body cells. These ascorbates, produced by Alacer Corp., are available as Emer'gen-C™. This product consists of seven mineral carbonates and acids such as ascorbic and citric acids plus B vitamins, enclosed in a tight, hermetically sealed packet. When water is added, a reaction occurs, producing mineral ascorbates such as most animals other than humans, who cannot, because of a genetic defect, produce in their own bodies.

Some two months ago Dr. Garcia started with the introduction of six grams, six packages, of the Emer'gen-C™ products in liquid form directly into the stomach. After a week or two of this treatment, the patient showed the response of high irritation, as something was happening to him which was not under his control. The dosage was reduced to four grams daily after this, and within about four weeks German opened his eyes and started to come alive. This progress has continued. German can now smile, actually enjoy a joke, and will respond to such requests as that he move his legs, although his arms are less responsive.

During the next three weeks the plan is to remove the tracheotomy tube, so that he will be able to speak for himself, although Dr. Garcia warns that this must be done very carefully and slowly, as the young man needs to learn to breathe through his nostrils again. Once this is accomplished, the patient will be taken to Mexico City where he will spend a week of checkup, and, hopefully, then return to his home for further rehabilitation.

We think this is a first in the field of medicine and believe that many other comatose patients in the world can be brought back to reality with mineral ascorbates. Indeed, Dr. Garcia is in a wonderful position to do this, a very kind and talented surgeon who wants to do as much good as he can.

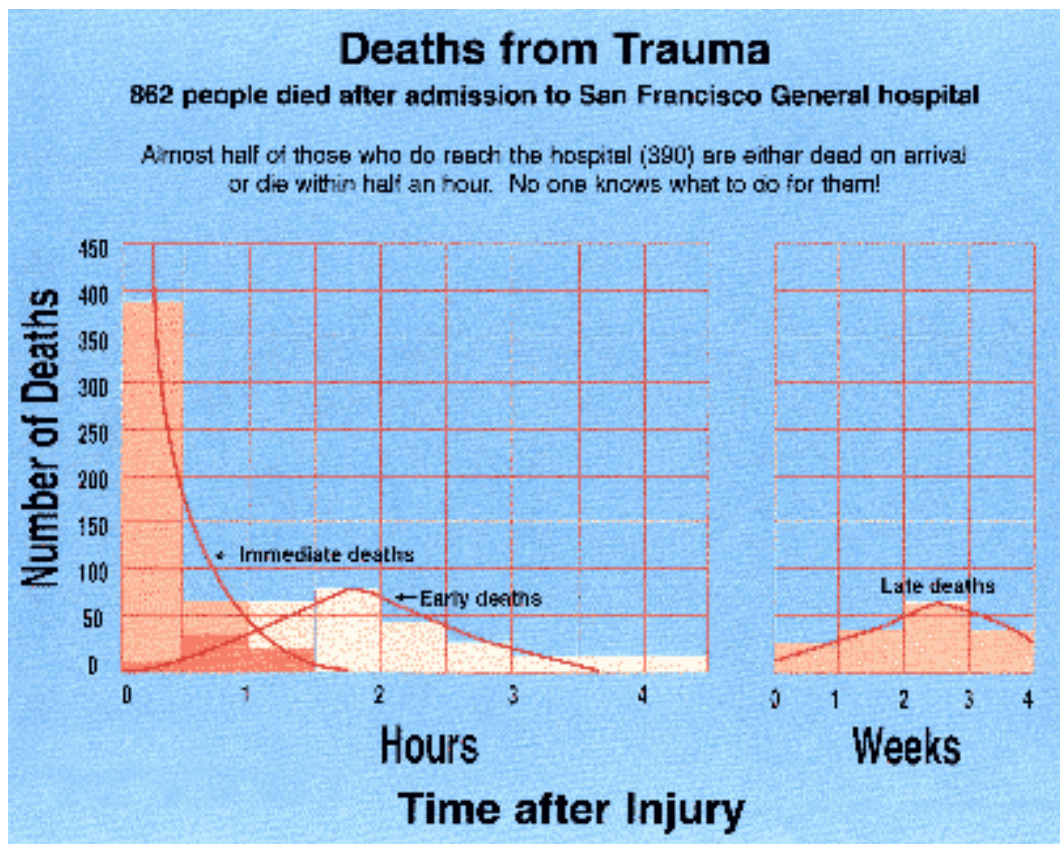
Dr. Garcia would like to take on more comatose patients, but the problem is that the cost of maintaining them in his hospital amounts to \$200 a day for each person. (In the USA it is \$2,200 to \$5,000 a day.)

We think this is a major victory for all humanity. We believe that the mineral ascorbates should be tried on comatose people all over the world. Surely, it will do nothing but good for them. There may be some failures, but we predict that there will be mostly success. Interested parties are invited to contact us for any details that they feel are lacking. Furthermore, we believe that the medical profession should open its eyes to the major role of the mineral ascorbates. The lack of these substances, which, due to a genetic defect we cannot produce in our own bodies, renders us far more susceptible to disease and shortens our lives greatly. Indeed, this is what we regard as the great "hole" in our persons. We believe that the doctor should, first, work to replace this genetic defect as best he can, and that he will then find that far less medicine is required for his patient.

Hopefully, this could bring about a revolution in the practice of medicine.

We are accordingly appealing to all humanity for funds to permit this fantastic work to go on, to quickly prove to the world that the brain can be brought back to life with mineral ascorbates. Thus, we solicit funds to be mailed to the Committee for World Health, attention of Dr. Richard Dana, for transfer into this wonderful, earthshaking project. Credit cards may be used.

4) Trauma and Sudden Death



Above is a chart which outlines the deaths of 860 people from trauma in the San Francisco General Hospital over a three-year period.

Obviously the brains of these people completely died as an effect of the trauma. In the excellent Taber's Encyclopedic Medical Dictionary we find that trauma is defined as a physical injury or wound caused by external force or violence. Actually, it is not truly the usual type of physical injury, as it may only involve a shock to the brains which causes them to cease their function.

Thus, we see that the coma from which German suffers lies in the fact that he suffered the trauma of an automobile accident that eliminated all his brain control, except for respiration. According to Taber's Encyclopedic Medical Dictionary, coma is the principal cause of death between the ages of 1 and 44 years. The Center for Disease Control reports that 107,000 people died from trauma between the ages of 1 and 44 in the year 2000, out of 180,000 total deaths, or 59%. This is an astounding figure which has never circulated freely to the public. You may be sure that our medical profession does not know the cause or causes of trauma except that which is induced by drugs or poisons. Obviously it is principally a lack of mineral ascorbates of Vitamin C. Thus, compared to trauma, all other ailments are secondary. But why does trauma occur? It occurs, as world authority Dr. Irwin Stone told me some 31 years ago, because of lack of Vitamin C in the brain, or hypoascorbemia as he defined the term.

Smokers are mostly likely to die of trauma, since they place an extra burden on their bodies which reduces whatever level of Vitamin C is present, and renders them more and more susceptible to shock.

We've all been under the impression that heart disease is the major cause of death. Obviously it is not from birth to age 44. Those who live beyond 44 either have brains more resistant to shock or are getting some of the mineral ascorbates their bodies so much require. Of course, many drugs can so affect the brain as to induce a state of coma, and Taber's Dictionary mentions most of them. However, along with the entire medical system, it ignores the susceptibility of the brain to a shortage of Vitamin C, which is so essential to its electronic action.

Now we're all concerned about some 45,000 or so people who die every year from automobile accidents. Many of these do die from trauma alone, but the overall figure of deaths from trauma is almost completely ignored in our society and in our medical profession. Stone regarded the automobile accident as the principal cause of trauma, but based on the figures it is not. However Stone told me that if we could get Vitamin C in these people immediately, their lives would be saved. Of course, at that time his vision was limited to ascorbic acid, which the world also feels is Vitamin C. It is true that in the animal liver ascorbic acid is the fourth product produced from sugar in the liver with four enzymes. However, Stone pointed out that this acid, which has a low pH of about 2, does not go into circulation in the animal's body. Instead, it reacts with countless other minerals present in the liver to form the mineral ascorbates of potassium, sodium, calcium, etc. So I can now describe the major oversight of medicine: It is that we all suffer from a multi-gram deficiency of mineral ascorbates, which affects not only our brains but our entire body, our immune system's reaction to the disease, the flexibility and bone structure of our entire bodies, and our longevity. I now find myself, at age 89, with the major responsibility of getting the science and medical procedures of the world straightened out, so as to benefit all people immeasurably.

This is something I had not planned. I was, at age 58, operating a small chemical specialties firm in New Jersey, without a great scientific background.

I invented the stabilization of 1-1 trichloroethane, a low-cost solvent which was a by-product in Dow Company's manufacture of Saran. About 1/20th as toxic as carbon tetrachloride, this met and still meets a major safety use in our society. I was also happy to develop the IBM Tape Transport Cleaner and Developer for IBM tapes throughout the world, which also replaced the dangerous carbon tetrachloride. But I knew nothing about nutrition.

So, I started to have serious Temporomandibular joint pains about Thursday and Friday of every week, as the stress of work came upon me. I sought out dentists, who claimed that I simply needed better balance of my teeth. However, after some seven sessions with a dentist, who ground away my teeth, I abandoned this solution. But I came upon an article in Life Magazine which showed Irwin Stone, an enzyme chemist as the world authority on Vitamin C. I noted that he lived on Staten Island, New York, so I contacted him and met with him about every Sunday where he and his wife discussed his major hobby, the investigation of Vitamin C.

Stone persuaded me to take several grams of C, and within a week or two I noticed that my TM joint pains had disappeared, never again to occur! This impressed me greatly, so the investigation of ascorbate became a lifetime pursuit for me.

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

I learned, however, that Stone was fully content with ascorbic acid as a source of Vitamin C, whereas he admitted to me that it was only the fourth stage in a five-stage process. He pointed out to me that in the liver the fifth stage consisted of reaction with minerals to form the mineral ascorbates, neutral forms of C which could circulate in the animal's body without the irritation of a product which has a pH of 2.

So Stone's book, *The Healing Factor, Vitamin C Against Disease*, came out in October of 1972. Yet, here again, he completely ignored the mineral ascorbates which animals produce and relied on ascorbic acid. There was no mention of the mineral ascorbates whatsoever in his book, a procedure also followed in the books of Linus Pauling.

So, I shut down my New Jersey operation and returned to my native California, there to produce the mineral ascorbates, first as a timed-release tablet and in 1978 as a powder, which, when water is applied, a form of neutral mineral ascorbates is produced that can be highly effective. Since then I have resolved to make the world understand how much they are dependent upon the mineral ascorbates for their very lives and to widen the acceptance of a product which helps to correct the genetic disease from which we suffer. This has been a rather frustrating experience because everywhere one turns, ascorbic acid is regarded as the real Vitamin C, whereas it clearly is not. We should turn, instead, to what the animals produce in their own bodies as being the only type of Vitamin C which we can tolerate in the many grams in which it is required for the maintenance of our bodies. Ascorbic acid belongs with the acid fruits in which it is present.

I feel that I must live to be at least 100 to have a hope of accomplishing the widespread acceptance of the mineral ascorbates. As we can show its remarkable affects in bringing back the "dead", or those who are comatose, it must be important as a preventive measure in maintaining our general health. I am sure that I should not be alive had I not been taking approximately 8 to 10 grams of mineral ascorbates for some 28 years. However, I have assumed the responsibility to do my best in this regard for people of the world.

Taber's Medical Dictionary says that the majority of deaths from trauma occur in the first several hours after the event. The trauma may involve some physical injury, especially to the head, but in many, many cases it can involve only an enormous shock to the person which rapidly affects his brain and brings on death. Were this not so, one might expect that death would not occur so quickly. Most people are on a precipice in regard to the mineral ascorbate needs of the brain. Since the balance is so fragile, an enormous shock to the person, whether it be from an automobile accident or other high stress, the brain, which requires so much ascorbate to perform the functions of a general control point of the body, that it can quickly break down and bring on death, or near death as in the case of coma, wherein only the respiration controls remain. As evidence one might turn to the report of the San Francisco General Hospital. Most died within the first half-hour of entering the hospital, which is not a normal consequence of physical injury. It is much more significant of a breakdown of the brain under stress.

Trauma is a sort of catch-all ailment as it is applied, since in one sense it includes some physical injury but in another sense it may involve little or no physical injury but enormous stress of a catastrophe in one's life. The exact causes of this trauma may not or ever be clearly defined. However, certainly in the case of a high stress to the brain from a quick look, again, at the report of the San Francisco General Hospital. You will note that 390

people died within the first half-hour of entrance. This is not the swift course of the usual physical injury but can come from a collapse of the brain.

5) What Most Brains Lack

About 250,000 people are known to die annually from trauma alone. Trauma usually involves some sort of shock such as an automobile accident, or, perhaps, extremely disturbing new. As trauma, it is often without any physical injury. Actually, many more die from trauma than are properly identified, I am sure. Frequently, we see the report: "He died in his sleep of natural causes."

It is my considered opinion that these "natural causes" were that his brain had run out of the small amount of mineral ascorbate on which it had been subsisting, so collapse of the entire body became inevitable. This is because, as Dr Irwin Stone and I agreed, most people live on a precipice, with just enough ascorbate to keep them alive without emergencies.

The brain requires fuel for every thought we think and for countless body functions, including respiration. Our lives are entirely dependent on this great center of operations.

Indeed, it must be for lack of full brain function that many, many of the crimes are committed in this society.

The adrenal glands are a great storage point for the ascorbates, which are vitally needed for the production of the powerful hormone adrenalin. The brain probably draws from the glandular storage points, since the whole body cannot survive without its function, but the average person has negligible amounts of ascorbate available.

This is understandable when we consider that the usual daily output of 1,5 million other animals amounts to over 10 grams (10,000 mg) daily, when equated to a 154 pound person. So this is in grave contrast to the 60 mg the famed (for me, infamous), National Academy of Sciences tells us is all the average person needs.

This misinformation, basis of the USRDA's, should go down in history as the major attack on the health of our society. Since we human animals have no chance of living full, healthful lives without many grams daily of the mineral ascorbates that almost all other animals produce in their own livers.

We, the most intelligent beings in the world, have this handicapping ignominy.

Somehow, the consumer must learn these facts about Cholesterol:

1. Cholesterol is an important substance produced by essentially every cell of the body.
2. It is the precursor of many body hormones, including the sex hormones.

3. When we eat products which contain cholesterol, such as eggs, the level of the substance in the body may temporarily rise, only to return to normal in approximately 24 hours, as the body shuts down its production to compensate.

4. Taking cholesterol-lowering drugs is of no value in reducing the clogging of your arteries. These arteries collect cholesterol only because their linings, which are replaced every two or three days, contain cells, which, due to their low level of mineral ascorbates, tend to bleed, and soon form scar tissue. It is this scar tissue which collects the cholesterol, regardless of its level in your body. Accordingly, the way to keep your arteries clear is to keep your body well supplied with grams of mineral ascorbates, which can prevent the bleeding.

5. Taking a cholesterol-lowering drug does absolutely nothing to lower plugging up your arteries. Thus, it does you more harm than good, and acts as a poison in your body. This benefits only the drug company, your druggist, and your doctor.

I consider this an attack that smacks of fraud, that must be largely but cleverly financed by the drug industry that expects cholesterol-lowering drugs to rise to a \$30 Billion annual market.

6) Effect of Vitamin C as Mineral Ascorbates on Schizophrenia

Pushchino Medical Center, Russian Academy of Sciences, Moscow region, Russia;

Committee for World Health, Foothill Ranch, California, U.S.A.

The goal of the investigation was to study the influence of Vitamin C as Mineral Ascorbates on schizophrenia.

Schizophrenia is a disease with many different forms and syndromes. In our short-term study we were relying on the diagnosis previously made by a psychiatrist. In this report we will present our observations concerning the influence of nutritional supplements with large doses of Mineral Ascorbates on the status of persons with schizophrenia. The group consisted of 8 persons with schizophrenia. The influence of supplements on their status was determined from our observations, as well as from the reports made by the patients and their relatives and friends.

We used the following Vitamin C supplements for treatment of these persons: Emer'gen-C™ (Alacer Corp), and tablets of CMA - Calcium-Magnesium Ascorbate (Alacer Corp). The patients volunteered to participate in the research and were under the supervision of the physician during the study. Megadoses of Vitamin C (as Mineral Ascorbates) were used (individual doses adapted by the physician).

Results

1. R. T., 55. Schizophrenia. She has been ill since 1980. The last six years she didn't work and was on disability (invalid of the II group). Every year she spends one to two months in a psychiatric hospital. Recurrences of the disease usually happened in the spring. Before starting the intake of supplements, she had just come from a mental hospital where she received large doses of psychotropic drugs. She was depressed, talking with difficulty and thinking very slowly. The changes in her mental state were obvious almost immediately after she started on mineral ascorbates. Depression

disappeared, she became cheerful and merry. She was surprised with her quick recovery and convinced that intake of supplements helped her. R.T. recollects a similar period after hospital stay and is surprised with her very fast recovery this time. She would like to take higher doses of supplements but has a problem with her kidneys and liver. She noted, though, that her urination improved and became almost normal.

2. S. V., 50. Schizophrenia, manic-depressive psychosis. She was sick for approximately 15 years, the last 8 years she was on disability (an invalid of the II group) and did not work. She was repeatedly treated in a psychiatric hospital. She began to take the vitamins in a stage of mania. She liked Emer'gen-C™ very much, took very large doses, and probably this induced even more agitation. She began to drink alcohol and look out for men. The physician and her daughter even wanted to hospitalize her, but increased doses of her usual medication helped to stabilize her state. S.V. became quieter and more adequate. For a while she was taking only CMA at night, as her sleep and general mental state improved. In our last meetings she read poetry, talked about church she regularly visits, and spoke about her work in the Invalid society, where she volunteers as a book-keeper and helps other people with disabilities. S.V. is very pleased with the effect of the mineral ascorbates, she works with much more pleasure, sleeps well. She has regained joy of life and a feeling of self-value.

3. A. V., 51. Schizophrenia, manic-depressive syndrome for 10 years. Invalid of the II group, does not work. She was repeatedly treated in a psychiatric hospital, the last time - two years ago. For all these years she courageously fought the illness, was attending, when she could, fitness groups, walked a lot, communicated with friends, who have not left her alone in trouble and helped her as they could. Unfortunately, her husband was frightened by her illness, has left for the US to work and helps her very little at present. Despite constant intake of psychotropic medications, her intellect is still active, though her interests became narrow. She has trouble with acquiring new skills. For the last two years her mental state and the ability to take care of herself gradually improved. She understands it is necessary to stay connected and be useful to people, and so, she now helps her friends with pleasure, baby-sitting, cooking meals etc.

Intake of mineral ascorbates assisted her recovery to normal life, has increased her general vigor, made tiresome housework (general cleaning of a house, work in the kitchen and garden) possible. Formerly, because of treatment with haloperidol, she could not sit still in one place and had to pace about. Since last year, the dose of this medication was lowered (to 0.5 mg), and though her persistent urge to move was diminished, only the mineral ascorbates intake helped her to get rid of this symptom completely.

4. S. L., 39. Manic-depressive syndrome with repeated hospitalizations. Invalid of the II group. The desire to understand and overcome her illness, to become a better person has forced her to accept many healthy practices. She tries to be busy at all times: she does karate, music (vocal and guitar), visits an art studio to study drawing. She is a good computer programmer, and now she started to work in a computer company. She develops bookkeeping computer programs used by businesses. She takes medications only in a case of a conflict or sleep disturbance. Though she understood the necessity of taking her medications, she was concerned about taking supplements in megadoses because she was trying to avoid synthetic compounds. The positive experience of others changed her attitude. After she started on Emergen-C™ and CMA, she noticed a significant improvement in her ability to take care of herself, became more active, felt joy of life, her sleep improved, and she had beautiful dreams.

5. S. M., 33. Schizophrenia with autism since 16. Invalid of the II group. He was offended by unkind remarks of his classmates at high school and stopped going there, refused to leave the house at all and to communicate with anybody, except his parents. He has created his own world, which is comfortable to him, has intense spiritual life: listens to alternative music, writes fantastic novels, draws. At present S.M. does not take medication, sleeps well. He is quiet, able to take care of himself and can even prepare meals for his parents, does repairs in the apartment and works in the garden (in the absence of neighbors). The parents try to create best conditions for him, love him. Their life is devoted to the son. S.M. liked Emer'gen-C™ but refused to take CMA. It is difficult to tell in this case if there were any changes in his condition, as his way of life has not changed, and he doesn't want any changes. All information was through the parents, who noticed, though, that S.M. became easier to communicate with.

6. G. I., 53. Schizophrenia for about 15 years. Chronically depressed. Troubles in personal life: unsuccessful delivery, divorce from her husband, quarrels with her daughter have resulted in a decline in her mental and general health. It is difficult to communicate with her, she hears only herself. After taking Emer'gen-C™ in the morning and CMA with melatonin in the evening, G.I. has become a bit more vigorous, looks healthier, so there is hope for a significant shift for the better.

7. K. Y., 49. The disease started after hysterectomy followed by divorce. She is sick for about 10 years. She was repeatedly treated in a hospital. She is depressed, hardly carries out common tasks. Her daughter has purchased in Holland an analogue of serotonin named "Seroxat" and St.-John's wort preparations which helped her depression. Now she takes Emer'gen-C™ in the morning and CMA in the evening. Sometimes she adds Super GramIII™. Her state improved considerably in 3 weeks of such intake. K.Y. has good mood, feels energetic. Her morning fatigue and dizziness have gone, her vision improved, appetite normalized.

8. K. E., 62. Schizophrenia, depression. She is treated by a psychiatrist. She felt unhappy, restless, constantly complained about various disorders, and randomly took medications. She felt that everything was bad. Her big problem is loneliness, though K.E. attends the church together with K. Y. After 3 weeks of intake of mineral ascorbates her condition considerably improved. She is in a good mood now and taking care of her appearance for the first time in a long time.

Discussion

All patients noted significant improvement of their physical and mental state after 3 weeks of intake of Mineral Ascorbate supplements (Emergen-C™ and CMA). Their energy level during the day increased, and they slept better at night. They were less tired, could work more and felt happier. It is necessary to mention a very fast recovery of R. T. after treatment in a psychiatric hospital and significant reduction of depression in K. E. and K. Y. Though conventional treatment (medication) helps to alleviate many symptoms of schizophrenia, this illness is considered incurable. The drugs used to treat schizophrenia have many side effects. Use of vitamins, especially Vitamin C as mineral ascorbates, in addition to drugs, undoubtedly, is a big step forward in the improvement of the patient's quality of life. In our opinion, mineral ascorbates therapy should be introduced to all psychiatric hospitals. This is especially true in Russia, taking into account the poor nutrition of the population in general and, especially, during their stay in a hospital.

Summary

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

Eight persons with schizophrenia were treated with megadoses of Vitamin C as Mineral Ascorbates for three weeks under the supervision of a physician at the Pushchino Medical Center of Russian Academy of Sciences. The following effects were observed:

1. Improvement in their physical and mental state.
2. Depression was significantly reduced.
3. Night sleep was improved.
4. Appetite was normalized.
5. An adequate perception of reality resulted.
6. There was an increased ability to take care of themselves.
7. An improved mood, feeling of joy of life resulted.
8. Improved social life, also, resulted.

The patients thank Alacer Corp., The Committee for World Health and personally Jay Patrick for their return to full life.

7) Effects of Mineral Ascorbates: Heart Disease Prevention in Smokers

10 million people in the United States have died from smoking since 1964. 98,000 people die annually from coronary heart disease attributable to smoking which we regard as largely preventable.

Coronary artery calcium scores are correlated with smoking, according to research reports published in the American Journal of Cardiology by Dr. J. M. Tobis and colleagues¹, as well as in numerous other publications²⁻⁸. It is also known that smoker's organs are depleted of Vitamin C. Mineral ascorbates have been shown to prevent calcification of coronary arteries (see chart 1). Yet no one has considered the obvious causes of breakdown of the immune system, due to the human genetic defect of hypoascorbemia, the inability to produce adequate amounts of Vitamin C. Cost to society of this human frailty is enormous. Our research of 28 years has confirmed this. Indeed researchers have been working with the wrong product L-ascorbic acid, which is not the real Vitamin C.

1.5 million animals produce an average 10,000 mg of mineral ascorbates when equated to a 150 lb human, which is 179 times the generally accepted 60 mg (or lately 90 mg) of "C", which the public has been mislead to believe is the desirable level of this essential element of life.

Chart 1. CT scores of some Alacer employees

Name	Age	Asymptomatic levels for age group	Calcium
Jay Patrick	82	Over 800	0
Linda Tagle	76	550-800	0
Ymelda Patrick	57	260-450	0
HU	43	155-310	0
AR	42	155-310	0
JU	42	155-310	0
JE	47	155-310	0
RA	47	155-310	0
SU	57	260-450	97
EM	55	260-450	155

We purpose to test the effects of mineral ascorbates as a means of eliminating calcium deposits from the coronary arteries in smokers and show that they may reverse the negative effects of smoking within a matter of weeks or months.

Research Proposal

100 adults who smoke at least 1 pack of cigarettes per day will be given 8 grams of mineral ascorbates daily: 4 grams of SuperGram III (Alacer Corp) tablets at 9 a.m., 12 p.m., 3 p.m. and 6 p.m. along with 4 packets of Emer'gen-C (Alacer Corp) for 120 days.

Calcium deposits in the coronary arteries will be measured by ultrafast computed tomography (CT) and plaque measured by intracoronary ultrasound (ICUS) before and after receiving mineral ascorbates for 120 days. 200 bottles of SuperGram III (260 ct) and 14 cases of Emer'gen-C will be donated by Alacer Corp for this study.

Determination of plasma mineral ascorbate levels will be performed monthly to ensure patient compliance.

Pulmonary function tests will be performed to determine improvement in lung capacity before and after 120 days of treatment with mineral ascorbates.

Research results will be compiled by physicians and technicians at a major medical center in Mexico under the supervision of Dr. Fantozzi and The Committee for World Health.

A report of preliminary results will be communicated at the III World Congress on Vitamin C, June 10-12, 2001 in Victoria, British Columbia.

References

- 1 Goel M, Wong ND, Eisenberg H, Hagar J, Kelly K, Tobis JM. Am J Cardiol 1992, v 70, 977-980
- 2 Kuller LH et al. Arterioscler Thromb Vasc Biol 1999, v 19, 2189-2198
- 3 Mielke CH Jr et al. J Cardiovasc Risk 2001, v 8, 81-86
- 4 Detrano RC et al. Am Heart J 1994, v 127, 1526-1532

5 Schmermund A et al. Circulation 1997, v 96, 1461-1469

6 Schmermund A et al. Am J Cardiol 1998, v 81, 141-146

7 Nishino M et al. J Am Coll Cardiol 2000, v 35, 314-320

8 Weissman NJ. et al. Am J Cardiol 1999, v 84, 37-40

8) A Revolution in the Care of the Mexican People

In view of the radical deterioration of the care of people and of the enormously accelerating costs of drugs which generally do as much harm as good, we suggest that a trial of the mineral ascorbates will show a low cost way of meeting a great variety of health needs. This method can be proved out in as little time as four months of application of some 6 grams daily of mineral ascorbates, 50% derived from our Emer'gen-C™ and 50% derived from our Super Gram III™, in daily ingestion.

To prove out the excellence of this approach and its low cost, we suggest that 10 patients from each of the following categories be selected for these daily nutritional treatments:

1. 10 heart patients who are not in dangerous condition.
2. 10 schizophrenia patients.
3. 10 patients who seem to be entering into an Alzheimer state.
4. 10 patients who are suffering from hypertension - Their diastolic reading should not exceed 95, and all drugs are withdrawn for the period of 4 months.
5. 10 patients who wear glasses - These patients are to be examined by an oculist before the start of the treatment who will verify the strength of the lenses required for their sight.
6. 10 patients who have difficulty hearing - These patients will be checked for the exact state of their hearing prior to treatment.

Some check of these people should be made at approximately a two-month point to ascertain that they are progressing all right and that no serious danger to their health has resulted. At the end of the four-month period the heart and hypertension people are to have their coronary arteries checked by the Ultrafast CT Scan procedure. It is expected that the majority of these will show a zero or near zero rating as to the calcium levels in their arteries. It is expected that at this time those having their eyesight and hearing improved will be checked as to the lower strength of their glasses and the lower rating of their hearing.

The Alacer Corporation will furnish all of the materials required for these studies, free-of-charge.

We strongly urge the Mexican government to buy an Ultrafast CT Scan, which can be placed into operation within two or three months, to perform the tests of the first four types of patients. The fifth type can be checked by an oculist, and the sixth type can be checked by a hearing specialist.

9) A Cure for Foot and Mouth and Mad Cow is Discovered

MISSING

10) Specialized Woman and Our Medical Wasteland

The most basic motivation of every living thing is to reproduce... reproduce... and reproduce itself.

In human females, much of the body is, obviously, specially designed for this purpose. A product of one specialization is her breast milk, which has no synthetic equal in its ability to aid the growth and health of the infant.

But, there is one aspect of a woman's specialization that is almost universally ignored -- she can produce small amounts of the mineral ascorbates of "Vitamin C" in her own body, it seems evident to us.

This supply of mineral ascorbates, although inadequate for full development of the infant, must be essential for its survival. Indeed, some of the ascorbate is produced in the placenta, with the result that the baby has some 400 millimoles of ascorbate per liter of blood on the day of birth, although the male baby will have little or no ascorbate thereafter other than what he gets from mother's milk and the food he eats.

The Centers for Disease Control report that mother's milk contains, on average, 40 mg of Vitamin C per liter. Furthermore, you may be sure that this "C" is present as mineral ascorbates, not as the somewhat intolerable ascorbic acid. This intake of mineral ascorbates is of major importance to the young infant, who can use it in a thousand ways, especially to develop the connective tissue, which is 30% of the protein of his or her body. In addition to many other ways, including stepping up of his resistance to disease. Yet the usual formula, sold as imitation mothers' milk, has very little Vitamin C and it certainly is not present as mineral ascorbates.

Evidence now shows that throughout a woman's early life her coronary arteries are protected against the scurvy that causes men to start accumulating plaque in their arteries, sometimes as early as in their 20's. In a woman, such clogging does not usually start until the early 50's, when she is beyond the normal childbearing age.

Long ago, researcher, Dr. E. Cheraskin, told me that "the body is never wasteful". In other words, what the body produces is for the purpose of contributing to the life process, that, if it will not so contribute, it halts, or radically restricts such production.

I am inclined to think that after a woman is past childbearing age, the body loses interest in furnishing her with her full requirements for extended life and really good health. Of course, the body does aid her in furnishing ascorbate for a child in her milk, because the young child cannot enjoy full development of its brain and body structure without it. But, once the male child is weaned, it must largely starve for ascorbate, with never quite enough to aid in full growth and resistance to disease.

But, because she is programmed to produce children, the woman apparently produces small amounts of ascorbate through most of her early life, especially as she reaches puberty. However, after the menopause, as her production comes to a halt, she then enters a period of great susceptibility to atherosclerosis, clogging of the coronary arteries. We do not believe that this is because she is now without estrogen. Rather, we think it is because her modest production of ascorbate has also come to a halt. THE BODY HAS ACCOMPLISHED ITS PRIME PURPOSE -- PRODUCING A BABY. So it places her in the same category as her husband, who has probably never produced any measurable amounts of ascorbate.

However, as the young girl becomes a teenager, it is apparent that quantities of ascorbate are produced in her body which are adequate for many years to prevent the occlusion of her coronary arteries and to supply her brain, as well. But, as she goes into the menopause, the supply of ascorbate for arteries halts, so that the intima of the arteries starts to bleed, forming scar tissue, which collects the cholesterol that previously zoomed by.

So, approximately 10 years after the man may have a substantial accumulation of plaque in his arteries, she starts to imitate him in the in the same sort of congestion, but still manages to live approximately six to eight years longer, because of the delay in this adverse accumulation. However, it is interesting to note that the man's brain may, with advancing age, shrink from 15 to 40%, whereas the woman's brain tends to shrink little more than 1%.

However, I show herewith a MRI picture of my brain at 87 years. You will note that no shrinkage has occurred. I think my 27 years or so on mineral ascorbates has something to do with the phenomenon.

When shown a magnetic resonance image of Jay Patrick, the very active president of Alacer Corp., Dr. George Bartzokis of UCLA commented that the hippocampal area was very large and was, indeed, much larger than that of the average brain. The average male brain shows 15-40% shrinkage.

(IMAGE MISSING)

It seems obvious that, after the woman is past the child bearing stage; her body loses interest in furnishing mineral ascorbates sufficient for her full health requirements. Because her production of estrogen also shuts down, our great men of medicine have assumed that the administration of this hormone will bring her back to good health, but the very latest governmental study confirms that hormone therapy brings on cancer and other health disasters.

So both doctors and patients are in great disarray. To this great group may also be added those who seek vaccines to meet the coming world-wide challenges of epidemics of smallpox, influenza, anthrax, and a host of trillions upon trillions of viral and bacterial

assailants that may besiege us. Whether these deadly foes are brought to us by our enemies, or by the vagaries of Nature, some of them, in time, will surely set upon us.

Yet those scientists who tell us the truth about our vaccines, point out that they often have the hidden power to kill or maim. In 1977, I wrote about the Swine Flu Vaccine foisted upon some 43,000,000 people, with 128 people dying immediately. Yet there was not even one case of swine flu!

Science magazine commented:

"There can be few graver opportunities for man-made disaster than the mass immunization campaigns that are now routine in many countries. Should the vaccine preparations become contaminated with an undetected agent present in the host cells, a whole generation of vaccines could be put in jeopardy."

"This, of course, is no science fiction writer's horror story---It has already happened once; millions of people have been injected with a monkey virus known as SV40, hamsters; no one yet knows what it may do in man, which was found in 1961 to be contaminating polio and adenovirus vaccines."

Further, the list of our viral and bacterial enemies is almost infinite, but, we have a great power at hand that can rise to meet many of them. It is our fabulous immune system within us that, without proper support, has brought us through the ages, and it can do a far better job for us if we just give it the operational support it requires.

We have, you see, a genetic defect that we cannot produce in our own livers, as do some 3.3 million other animals, the mineral ascorbates that can enable us to fight these assailants more effectively. We have in this regard largely relied on an acid intermediate, ascorbic acid, which we call Vitamin C, that is poorly tolerated by our bodies, and cannot fully perform the biochemical miracles of the mineral ascorbates. Most of our misguided nutritional authorities insist on calling it Vitamin C. World pioneer Irwin Stone told me that it should not really be called a vitamin, since most vitamins are required in very small quantities. Instead, he termed it "a liver metabolite", which is required in multi gram quantities. Most animals produce it at the level of 10 grams (10,000 mg) daily, when equated to a 70 kilo (154 lb.) person.

Thus, it seems obvious that the woman's supply of ascorbate is never completely halted, but the smaller quantity available is picked up by the body's control center, the brain. So, the shrinkage of this vital organ is still minimal throughout the remainder of her life.

But, there is little ascorbate left for the brain of the teenage male, who needs almost the entire small amount of ascorbate available for the tissue required in body growth. It is obvious that his brain along with meager quantities of this magic substance during this period, still leaves him susceptible to mental derangement.

In some persons, it becomes so extreme as to make them think they must engage in some violent acts of aggression in order to clear their brains. This is, I believe, the primary cause of the murderous conduct with which many of these frustrated young males respond. Their brains require 10 times as much ascorbate as the blood plasma to receive amounts adequate for full function.

Therein lays, I am fully confident, the basic reason why young men go to the extreme misconduct of murder.

Of course, we do know that a lack of estrogen renders the woman less interested in sex, and perhaps, a little less feminine in other respects. Doctors have sought to meet this need by prescribing estrogen, often with small amounts of the male hormone, testosterone. Harvard University has reported that this hormone therapy also greatly benefits the coronary arteries and reduces clogging drastically.

However, the Harvard report adds that estrogen therapy increases the risk of breast cancer by about 43%, which about ties the score. Basically, the woman just switches her mode of death from heart attack to cancer.

My associates and I think we have the solution to this problem. We believe that administering estrogen simply "fools" the body into believing that a baby is still ahead, and that ascorbate production should still be maintained. So, while this has the beneficial effect of preventing the clogging of arteries, it upsets the delicate balance of the immune response that keeps the body's cells under control and inhibits the wild cellular replication that we call cancer.

Woman is special in so many ways. They have complex hormonal rhythms which control their physiological and mental states which are necessary for sexual activity, pregnancy, and child rearing. Their anatomical structures are specialized for intercourse, fertilization, pregnancy, and milk production. Each of these special processes in one way or another requires mineral ascorbates for full function; accordingly, my associates and I have concluded that if women want to avoid both heart attack and cancer, the most logical course is to ingest substantial amounts of the mineral ascorbates, which are highly beneficial to the body at any age.

The Major Ailment

Since we regard hypoascorbemia as the number one major ailment that affects all humanity, we know that both sexes can ingest multigram amounts of these substances with the confidence that they are meeting one of their most basic needs.

Hypoascorbemia, the "hidden scurvy", is almost totally ignored by medicine. This "scurvy" attacks men approximately 10 years earlier than it does women.

Most researchers think atherosclerosis affects women later in their lives due to the abandonment of estrogen production. This may be described as the old error of post hoc, ergo propter hoc, after this, therefore, because of this...

During a 77-year life span, 72,000,000 gallons of blood pass through the coronary arteries. This causes an abrasive action on the intima, the lining of the arteries. To repair this damage, the cells of the intima are replaced every two or three days. However, as these cells may lack the mineral ascorbates necessary to form truly healthy replacement cells, they start to bleed.

The body strives valiantly to meet this challenge, so hemorrhaging is gradually halted. But scar tissue forms on the surface of the arterial lining. It is this scar tissue that first collects a small amount of Protein A, as the Linus Pauling Institute discovered. The Protein

A is quickly followed by cholesterol, lipids (fats), and calcium, in approximately equal amounts.

These three layers compose the plaque that destroys most of us, as they shut off the flow of blood to the heart.

Let me give you some preliminary proof: I have been taking 10 grams of mineral ascorbates on a daily basis for more than 25 years. Also for many years, my employees have received monthly supplies of their ascorbate requirements, generally at lower levels.

Ten people over the age of 40 (ages ranging from 42 to my age at that time, 82) were tested, and one woman, age 55, with a mean average of 55.8. Eight of them, including me, showed zero levels of calcium plaque, one man showed a level of 97, and one woman a level of 155. Even these two scores were well below the level of 260 to 450 of calcium at which even mild symptoms are manifest, as you can see by the chart.

Name	Age	Asymptomatic levels for age group	Calcium
Jay Patrick	82	Over 800	0
Linda Tagle	76	550-800	0
Ymelda Patrick	57	260-450	0
HU	43	155-310	0
AR	42	155-310	0
JU	42	155-310	0
JE	47	155-310	0
RA	47	155-310	0
SU	57	260-450	97
EM	55	260-450	155

Accordingly:

We challenge any physician in the world to have 10 of his patients of the same approximate age group checked out by the same Ultrafast CT Scan technique, and get even 2 or 3 of the 10 with 0 calcium levels.

Where, in all the annals of medicine have any such results been reported?

You may search the literature endlessly, to no avail.

Of course, it will take hundreds of similar results to convince slow-moving medicine that they have been "barking up the wrong tree", that it is not the essential substance cholesterol that, of itself, causes the plaque anymore than it is the equally essential calcium. (Do they tell you to lower your calcium intake?) Indeed, there has been a recent finding that people with the really low cholesterol levels have poorly functioning brains. For sure, those who have been selling this baloney seem to suffer from the same cerebral problems. Doctors make too much money getting you into their offices to check your cholesterol, plus devising futile methods to reduce your susceptibility to this great killer... to give up this income easily!

Medical researchers "cannot see the forest for the trees". For more than 50 years, based on misinterpretation of the Framingham Study, they have embraced the stupid theory that cholesterol, per se, causes clogging of the arteries.

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

Here is the logical explanation of atherosclerosis, which I have been involved in understanding for some 27 years.

Despite the beautiful faces and bodies that emerge with many of our children, not a single one of us is ever perfect. Some 4,000 genetic diseases encumber all humanity to varying, individual degrees.

Yet, every living person suffers from at least two of these inborn errors. They are hypoascorbemia, inability to produce mineral ascorbates, as do some 99.9% of other animals, and hypouricasemia, inability to produce uricase, the enzyme that controls excess production of uric acid, and the antioxidant that induces gout, principally in men.

A Wasteland

We can manage to keep the symptoms of gout under fairly good control, but in meeting the needs of the major disease that dooms most of us to great travail and premature death, hypoascorbemia, our medical "science" is one vast wasteland. Indeed, the very physicians who would advise us about our health show their incompetence by dying, on the average, before they are 60 years old. This is an age at which they have reached less than half of their theoretical life expectancy of 140 years, or 7 times 20, our period of maturity, as live other animals that produce copious amounts of ascorbate in their own bodies.

A Mixed Bag

Yet researchers are finding that women given hormone-replacement therapy, which principally consists of estrogen and small quantities of the male hormone, testosterone, are largely free of this plaque, and that their risk of dying from cardiovascular disease is 53% lower.

However, the risk of death from breast cancer, The Harvard Health Letter reports, of those on hormone therapy for 10 years or more, is "43% higher than in non-users". This would seem to largely cancel out the benefits of such therapy.

But what is happening to an older woman who develops plaque in her arteries, the principal cause of heart disease? The obvious conclusion is that this is due to her halted production of mineral ascorbates. (See chart.)

Since babies are no longer being produced, the chief motivation of the woman's body, the need for this vital life substance, ascorbate, is less acute. So, unfortunately, her coronary arteries, indeed, her whole body, loses this life-extending protection.

But, because of the early protection of her body, the woman still lives 6 to 8 years longer than a man.

Less than one thousand years ago, the average woman would be dead in her early 40's, the time at which she now tends to enter the menopause.

The eminent health researcher, Dr. E. Cheraskin, of the University of Alabama, has said "the body is never wasteful", that it does not produce substances for which there is no particular need. Since the woman of the past was due to die in her 40's, there was no

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

great need to produce mineral ascorbates to protect her arteries, since they could last a few years after the end of menopause quite well.

So, when doctors come along and give estrogen to a woman after she has largely ceased production of the hormone, the body can be misled into thinking that pregnancy is ahead, so it's necessary to produce small amounts of the mineral ascorbates to aid development of the fetus. But it is now quite evident that this small amount of ascorbate, although probably essential to survival, is grossly inadequate for full, healthy development of the child.

Catching Up

However, in her later years, at about age 60, the woman catches up with a man, a UCLA cardiovascular researcher reports, in the level of plaque. But she still tends to live longer than a man, probably because the flow of blood to her heart has been slowed for a shorter period of time. Thus, the heart, indeed, her whole body, has more strength and endurance.

Four enzymes are utilized in the liver of most animals for the production of ascorbic acid, although this highly reactive acid, then, undergoes a fifth stage of reaction with minerals in the liver to produce the neutral mineral ascorbates. Thus, the ascorbates are the true Vitamin C, or liver metabolites, as produced in 99.9% of other animals, which can then circulate in the blood without irritation. These mineral ascorbates are then more readily accepted by body cells, since the minerals with which they are complexed, such as potassium, sodium, calcium and magnesium, all essential to cell function, all act as transporters of ascorbate through the cell wall. The cell, we remind you, is the basic unit of life, and there are some 70 trillion cells in the average body.

Fooling Mother Nature?

As indicated, what must happen with women taking hormone replacement therapy is that their bodies are fooled into thinking that they are still of child-bearing age and will, consequently, tend to resume their production of ascorbate to help the fetus in the womb. But resumption of ascorbate production, instead of aiding a non-existent fetus, helps prevent what I have described as The Hidden Scurvy that is radically shortening the life of every living person.

Indeed, I have stated that everyone in the world, who does not die from some accident, will die of scurvy. That is because we are shorted on this vital substance while even in the wombs of our mothers. I have some tangible proof of this.

To the children of my second wife, Ymelda, 13 children have been born. At least 11 of these grandchildren were born to mothers who took daily, 8 to 10 grams of mineral ascorbates during their pregnancies. The oldest of these, Felicia, 20 years old, has been graduated with high honors from high school. (She now is in complete charge of a diving operation in Hawaii.)

A straight "A" student and mathematics whiz, she has such astounding strength and agility that she was been offered training in karate for the Olympics.

All twelve are honor students, which is not a coincidence. They received the mineral ascorbates at the most important time of their lives, facilitating full brain, body, and muscle

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

development. But, nevertheless, they still take multi gram quantities daily for maintenance of their bodies.

But, lacking the application of the mineral ascorbates, our society is daily producing a mass of children who emerge from the womb with at least one strike against them. With inadequately developed minds and bodies, they shall have to cope with an increasingly complicated world.

Summarizing:

Careful, unbiased examination of the biochemistry involved will show that:

1. Women produce small amounts of mineral ascorbates in their bodies until they go through the menopause. The best proof of is is that, unlike men, their arteries remain comparatively free of plaque until they are in their 40's.
2. This ascorbate helps maintain the integrity of the intima (lining) of the coronary arteries, so that no bleeding resulting from the abrasive action of blood transfer occurs.
3. When a woman has gone through the menopause, both estrogen and ascorbate production is obviously halted, so bleeding of the intima of the coronary arteries tends to occur. As bleeding stops, alternately, scar tissue is formed. This scar tissue then collects, sequentially, the cholesterol, lipids, and calcium, which compose the plaque. Ultimately, this plaque can so block the flow of blood to the heart as to induce death.
4. Estrogen therapy must fool the woman's body into believing that she is still of childbearing age, so some ascorbate production is resumed. Thus, ascorbate protection of the intima is, also, resumed, and little or no plaque accumulates.
5. However, although the body has been fooled into resuming ascorbate production, its immune system is so confused that it is thrown out of balance, so the immune response malfunctions, and a high percent-age of cancer of the breast occurs.

My Solution:

So, the solution to the problem is so obvious as to escape the bright minds of many learned but drug-oriented physicians: Instead of dangerous estrogen, give the patient large amounts of mineral ascorbates, 5 to 10 grams daily, and great benefits can surely be obtained.

This procedure is not at all comparable to estrogen therapy, since all humankind suffers from the genetic defect that, unlike more than 99.9% of other animals, we cannot produce really adequate amounts of mineral ascorbates in our own livers. This is clearly an unsolved genetic defect that shortens the life span and reduces the capability of every person on this planet. However, it can be greatly alleviated by the ingestion of mineral ascorbates.

But, you may say that estrogen intake increases a woman's interest in sex. Yes, but this is an artificial expedient. Her body is designed for reproduction.

Once the childbearing period has passed, she does not need the sexual urge, the body reasons, because she cannot produce more children! So, thus, the intake of estrogen to

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

make life more interesting is fraught with the danger of malfunction of the body, with unhappy results such as cancer and, sometimes, a long list of undesirable consequences not fully equated by the medical profession.

Addendum:

Very recent studies confirm a considerable difference between women and men, often with regard to relative survival rates. The New England Journal of Medicine reported in its July 22, 1999 issue that a study of 385,000 heart attack patients showed that women under 50 were more than twice as likely as men to die before being discharged from the hospital. With advancing age, these differences diminished, but they persisted until approximately age 75, at which point they tended to even out.

A second study covering over 12,000 patients who had heart attacks or severe chest pain known as unstable angina, showed that women often have symptoms that are atypical to those of men, which makes diagnosis much more difficult when they show up to the hospital, often leading to much different outcomes.

Accordingly, it becomes more and more important that women, especially with advancing age, fortify their bodies with the mineral ascorbates which they can no longer at all produce. But men, who have survived with the minimum amounts which they get in their food, plus the usual supplementation, will readily die, often in their sleep.

11) The Mind Alive

He who truly has "The Mind Alive" conducts his life with zest. Each encounter with life's problems becomes an adventure, a game to be played, a challenge of his resourcefulness in seeking the answers, the solutions, the courses of action or inaction through the maze of alternatives that are exposed.

He is the investigator, the analyzer, the sleuth. He explores; he seeks out the data in which each problem is wrapped. He is confident; he is intrigued by each new obstacle that emerges. He is relaxed in his outlook, yet fully alert to each nuance of a subject... and ready to spring into action once he has made a decision.

He has a great inner humility, though it may not so much show. He has made three basic discoveries: How little he knows; how much he has to learn, and; how much he will never know.

He seeks out the knowledge of others, their opinions, their conclusions. He is prepared to consider almost any relevant idea and knows that, even if untenable, it may be a springboard for a better idea.

He knows that decisions must be made with some dispatch -- even the decision to do nothing -- or to set aside a problem for reconsideration in the light of another day or in conference with his associates. He knows that "time is of the essence", that every action comes entwined in the circumstances of the moment. He knows that the Past is a great reservoir for the Future, but that each day, each hour brings a new realignment of all the forces of nature and of man's relationship to his fellows and to his environment.

Yet, "The Mind Alive" has no existence by itself. It is an integral part of the well-adjusted, well-fed body. Each is bound to the other, not as master to servant... but as co-owner of the enterprise, Life.

In its most effective form it is a mating of enormous power and potential. Yet, it depends so much on superb performance for fine-tuning, a balancing act that moderates boldness with restraint and the selective filtration of a host of stimuli.

The human brain is a miracle that deserves much more than the Nobel Prize. We are daily learning more and more about it, yet it still exceeds (and may always exceed) in countless functions, the workings of any computer of any feasible size. We now know that our thoughts can control not only the obvious body functions of speech and other muscle movement, but, as bio-feedback makes evident, many other physiological actions such as pulse rate, blood pressure, and circulation -- once thought to be the exclusive domain of the autonomic nervous system.

However, this astounding organ needs a lot of TLC (Tender Loving Care) if one is to come at all close to operating it at, say, even 35% of its potential. We must first recognize that, although the brain is usually only about 1/52nd of total body weight, it requires as fuel, about 25% of the oxygen brought in by the lungs and close to 25% of the glucose circulating in the blood. And these energy requirements persist on a 24-hour basis, awake or asleep.

The brain is poised, however, in very delicate balance. Researchers have found that even microscopic amounts of many different substances, such as LSD, present at a level of as little as 3 millionths of an ounce, can throw any person quite out of his mind. It is, indeed, the most powerful psychedelic drug known to man. It concentrates in the more primitive centers such as the hippocampus (related to memory) and the pineal gland. It arouses dreaming and blocks the firing of neurons that respond to serotonin, the chemical messenger of the brain.

Yet some degree of mental imbalance occurs among millions of us with every passing day. Certainly this is evident on our highways as many go wild under the influence of alcohol, drugs, stress, the competitive urge, and/or the sense of power that a fast, maneuverable auto gives them. The wonder is that many times more people do not die in this way.

So, as anyone may seek to use his mind more effectively, he must recognize that it is, indeed, a very delicately adjusted instrument that will enable him to accomplish much if he can only bring it and hold it closer to perfect pitch. As one strives to accomplish more, each succeeding success fortifies and re-enforces the next effort.

As we learn more about the brain, we are discovering that it is a much more flexible instrument than it first appeared to be. For instance, while it is evident that specific areas of the brain do specialize in the control of specific bodily functions, there is not only continuous interaction with all other areas, but when injury occurs, another segment of the brain may take over many of the functions of the damaged tissue. But, probably most encouraging of all is the news that, even though our bodies may show clear signs of advancing age, our brains can soar on to substantially higher levels of activity than ever before possible. Lane Lenard explains it very well as the Dynamic Brain (Science Digest, 12/83). He says: "Traditionally, most neuroscientists have envisioned the brain as a static, two-to-three pound mass composed of billions of individual nerve cells, or neurons, plus

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

structural or support cells. All connections between the neurons were made, it was assumed, early in life, after which the only change was a gradual loss of neurons through age. But new research is showing the brain to be an active, dynamic, ever-changing structure. Neuroscientists can open up new channels of communication in your brain... neurons need to be stimulated. If they aren't, their connections will regress or die out." (Emphasis the author's.)

Yes, this view runs counter to most of what we have been taught, that, starting at the point of maturity between 20 and 25 years of age, this body goes into steady decline as it proceeds toward ultimate death. But I am convinced that the right life style, the right nutrition, and the right thoughts can bring the body forward after maturity, radically slowing the decline of physical prowess... and further, I KNOW that, even after a chronological 86 years or more, the mind can develop to a level of performance far above its ability at any earlier age.

Yet, this is not happening so very much with most people. I have driven through the streets of St. Petersburg, Florida, famous for the numbers of its elderly citizens. It is said that, seated on one of the fine benches lining every block of the city's main street, one venerable citizen said to another: "What was that thing we used to do?"

He who would have "The Mind Alive" at any age must be doing something that is very interesting to him, that presents frequent challenges that are not beyond his abilities to meet. This is not so easy to accomplish -- to find such a career is of itself a real challenge. Not everyone in this complicated society can have an interesting job. Any job can be made more interesting, though, and the person who takes that interest can usually work himself up to a higher level, a position of greater challenge and interest. For myself, I will say that I had a number of rather interesting positions through life, but I did not find a truly wonderful challenge until I entered the field of nutrition, health research, and food supplementation. There I found, to my great surprise, that much remained to be done, that I could fill a lot of gaps, meet the needs of a great many people that were not being met. One of the basic formulas for success is said to be: "Find a need and fill it."

Of course, there is, I will confirm, no substitute for experience. Simulations of war as war games have their value for the soldier. Simulations of business problems and adventures have their value for the business student. Indeed, they represent types of experience, though often without the full complexity of reality. But those who really reach out in life acquire a reservoir of real, unvarnished experience that provides the brain with a powerful base of operations.

As this book nears its conclusion, or what might best be described as a stop-off point, I want to report that, intellectually, I am probably its major beneficiary. Trying to put together data, thoughts, opinions that might be, hopefully, of genuine benefit to others has proved to be the major challenge of my career. But, more than that, it has stimulated my mind, my brain, my neurons to a level of activity which is, I believe, at least 25% higher than that of which I was able even six months ago. Note that I use the word "able" rather than "capable". Lost, apparently in the movement of the American language during the past half-century, is what I regard as an important distinction in the word "capable" as the power to develop the state of being "able". "Ability" has always been to me, more specifically, the state of being able to perform a given task.

There is really, I think, no true synonym in the American language. The varied nuances of meaning are very important to us if we are to do our best thinking, because words are

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

the encapsulated tools of thought which we require for the solution of problems. He who has a small vocabulary has a small mind. The semi-developed neurons may be there, but he lacks the encapsulated nuances to facilitate and sharpen his thinking, to stimulate his neurons to make new contacts with other neurons. I believe this is one serious problem restricting many of our citizens who are of foreign extraction: They grow up speaking two languages poorly. So they lack the tools they need to express themselves, to understand others, to read, to write, to think effectively.

Putting this book together, while covering a host of business and engineering problems, has too often interfered with my sleep pattern, which I find of great importance to my daily performance and general health. Yet, on the positive side, the project has clearly fine tuned my mind and heightened my knowledge and understanding. In my 20's I wrote a short poem which went a little like this:

You helped us all to clean the house and put it well in order.

To organize the garden and to paint a new white border.

You encouraged us to fix the fence and restore the family name.

Thank you much for all these things, Company that never came!

William Shakespeare, John Milton, Robert Frost - they and all the other greats may rest comfortably in their graves. I promise that I shall do nothing which will excite their envy. So, if my readers be but few, I shall benefit more than you.

Because of the innate power and potential of the human mind, it has been the subject of a great deal of research and a great deal of speculation, some of it "far out". The human brain is surely the best brain among all living things. I had great hopes for the dolphins, who can carry on two conversations simultaneously, but so far, our communication networks have not been able to have satisfactory talks with them. Besides, we already know that almost any woman can carry on two conversations simultaneously, anyway.

Maya Pines wrote *The Brain Changers*, published in 1973. She predicted that small implants would be going into human brains to influence behavior and well being within a decade. That decade has passed, and more and we do not have them yet, but many such things will surely happen. Of course, we already have heart pacemakers implanted in the chests of many thousands... and working rather well.

But the greatest potential of the human brain seems to lie in the determination and utilization of the lifestyle and food, fuel supplementation that will maximize its functions.

12) Why Teenage Boys Kill

We don't think anyone has commented on the fact that teenage boys are doing the killing, rather than girls.

But there is a basic reason for the misconduct of these young men. Of course, as teenagers they are going through an identity crisis as to their place in this highly complicated world. This introduces an enormous amount of stress which they are less

empowered to meet than young girls. The body of the teenage girl, even though it may not have achieved its full size, is all ready for reproduction. This means that she is producing a considerable quantity of mineral ascorbates in her own body, since the essential connective tissue, described by Dr. Albert Szent-Györgyi as "the glue of the body", must be present to separate each organ from another and act as a strengthening agent for the entire body. Without this connective tissue, the baby's body would fall apart, and death would ensue. And surely the brain is receiving considerable ascorbates, too.

So the young man suffers great mental distress, because his brain cannot function adequately. This function includes the production of hormones as well as thought. So he tends to experience enormous frustration and, accordingly, seeks, often desperately, for relief. This relief may take many forms, but its most aggressive form includes murder. The young man who ran over four or five girls with his car is reported to have gleefully said, "I am the angel of death." This gave relief to his tortured mind. It is the mineral ascorbates such as all but a few animals can produce in their own bodies that are well accepted by the human brain. Now, some 1.5 million animals produce these mineral ascorbates in their own livers, but human production is inadequate, since one gene, L-gulonolactone oxidase, is lacking. Of course the quantities of mineral ascorbates for the world market are so flabbergasting in volume as to deny availability to most people.

Dr. Mark Levine of the National Institute of Health, a world authority, comments that the ascorbic acid such as is present in fruits and vegetables and available separately does not readily get into the brain. The more acceptable mineral ascorbates are necessary, as they can facilitate the uptake of the ascorbate by the brain cells.

The Committee for World Health hopes to shortly introduce the missing enzyme which will enable people to produce the ascorbates in their own livers. However getting this enzyme into the bodies of some six billion people is currently an insurmountable task. Animals produce the mineral ascorbates at a daily rate equivalent to 10,000 mg (10 grams), when equated to a 154 lb. person. However, if young people were to receive as little as 2 grams of these ascorbates daily, considerable improvement in brain and body function would be apparent.

13) A Case of Sleep Apnea

The foundation recently encountered a case of non-obstructive sleep apnea which has entirely gone away after some four months of ingestion of mineral ascorbates.

This male had been using a machine which nightly forced air into his lungs, making a great deal of noise and deteriorating his relationship with his wife.

He started taking 8 or 10 grams of mineral ascorbates and immediately noted an improved sense of well-being. However after several months, he left off the machine and found that he could sleep very well without it. We should like to hear from doctors and patients who have this non-obstructive type of apnea, which does not require an operation, to determine if mineral ascorbates will not also help them, since there must be something lacking in brain coordination.

Accordingly, doctors and patients who are struggling with this often-deadly disease are invited to contact either our Director of Research, Dr. Richard Dana or me in this regard.

Yours truly,

Committee for World Health
Jay Patrick, Chairman

14) Miraculous Recovery: Sleep Apnea

I want to report on a case of sleep apnea. This man had been on a positive pressure machine at night which was quite essential for his survival. However, after some 3 or 4 months on 10 grams of mineral ascorbates daily, he no longer requires a machine, and can sleep very well at night, without snoring and without use of a machine.

Since this is only one case, we should like to confirm the highly favorable results returned on this type of apnea. Accordingly, if any of our readers suffer from the non-obstructive sleep apnea, we are interested in supplying them with the mixed ascorbates for them to try for up to four months in hope of affecting a solution to the problem.

Accordingly, if you have had identification that you do not suffer from the obstructive sleep apnea, which reportedly requires an operation, we want to help you. Please e-mail the details to me of your problem or telephone, and we will get busy with your problem as quickly as possible.

Committee for World Health
Richard Dana, Director

15) The Two Things that Harvard University Doesn't Know About Heart Disease

This is a follow-up on Harvard Health Letter in which they include an article, "The Ten Things You Should Know About Heart Disease". It is evident to the writer that they don't know enough about heart disease themselves. For instance, we find that the progression of congestion in the coronary arteries proceeds in this fashion: The intima, the lining of the arteries, is replaced every two or three days with new cells, but if these new cells do not incorporate adequate mineral ascorbate they start to bleed and ultimately form hard deposits in the arteries. These deposits are what collects the cholesterol, which is followed by about equal amounts of lipids and calcium. Provide the body with adequate mineral ascorbates and this doesn't occur. As you can see from this study made by UCLA Cardiovascular Center of 10 Alacer employees, you will note that 8 of these people showed zero levels of calcium in the arteries, which indicates that there is little else.

16) Confessions of a Scientist *

By Richard Dana, M.S., Ph.D.

I started work as Director of the Committee for World Health in early January of 1996. After 20 years in regular academic research I was very skeptical of the approach to

mineral ascorbates which I was to explore. But I liked Jay Patrick, founder of the Committee, and his associates, and thought I should give this unorthodox approach a try.

I had come from a very conventional American Medical Association background. I had worked at a number of major medical research institutes such as Columbia University; University of California, San Francisco; University of California, San Diego; Scripps Clinic and Research Foundation; and Children's Hospital, Orange County.

Taking 8 to 12 grams of mineral ascorbates daily as Emer'gen-C™ and Super Gram III™, I started to notice some remarkable results. For many years, I could twist one of my ankles so readily as to lay me up for a day or two. Furthermore, if I made a minor twist of my legs, my knees would swell up to the point where I wondered if I did not need surgery. But these episodes quickly ended. I had had a long history of stomach problems, a queasy stomach most of the time. My hearing was very poor to the extent that I had to wear a hearing aid during most of the subsequent years. However, I have lately found I can throw away my hearing aids and hear very well without any problem.

In checking with an audiologist, I found that in the last year or so my hearing has improved 5 to 10 decibels, so that I no longer require hearing assistance and can go freely about. For some years I had some problems with multi-tasking projects in my mind. Those problems have now ended, and I feel a degree of alertness I've never experienced before. (I learned that the brain requires 10 times the volume of ascorbate as in the blood plasma.)

In addition, I daily enjoy a feeling of well-being which is an important part of my life. But I never heard of any phenomenon such as this, or encountered in all of my scientific literature any mention of such powers of the mineral ascorbates.

These results jibe with the daily influx of favorable testimonials from all over the world. I am now 54 years old, the exact age at which my father collapsed and died. Of course, he never had any benefit of the mineral ascorbates. Actually, he died from a massive occlusion of his coronary arteries. I had myself checked a few days ago with an Imatron CT Scan at the UCLA Cardiovascular Center which can actually see the insides of your intestines, etc. They found a zero level of calcium deposits, indicating that I have essentially no plaque whatsoever in my arteries. This means that I must be doing something right. Indeed, we have proved that the mineral ascorbates repair the intima, the lining of the coronary arteries, so that they are opened wide to blood circulation.

It seems that there has been a genetic influence in my family that rendered nearly everyone susceptible to occlusion of the coronary arteries. Thus, 8 out of 10 of my uncles died at an early age, most of them because their coronary arteries became clogged.

A Major Medical Fraud

The theory that cholesterol is of itself responsible for the problem represents one of the major corruptions of the medical profession. For 50 years they have been telling us this, and for 50 years the idea that you can control occlusion of your arteries by reducing the level of your intake is one of the phony things by which most doctors live. Actually, the body has a mechanism to control the level of cholesterol. If you eat a lot of cholesterol-containing eggs, areas of your body reduce the production of cholesterol, or increase it, if no other sources of this vital substance are being taken in.

Indeed, we have confirmed a theory of two Canadian physicians. It is this: our coronary arteries can pass over 80 million gallons of blood during a long lifetime. Since the blood is

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

mildly abrasive, due to the presence of the minerals in the blood plasma, it would, certainly, during much less than this time, wear away the cells which line the arteries. However, the arteries protect themselves with intimal cells, the lining which is replaced every two or three days. But, if there is no good Vitamin C, preferably as mineral ascorbates, present in the cells of the intima, they start to bleed and then settle down as scar tissue. It is this scar tissue which collects the cholesterol, the lipids, and the calcium. Cholesterol is indeed a part of the clogging of the arteries, but only because it is collected by the scar tissue. The particular level of cholesterol is rarely a factor in your body, so long as it is within reason. It is because the lining is so damaged that it collects the cholesterol, not per se, because of a particular level of this essential hormone-producing substance, cholesterol.

Note the chart below, showing that 8 out of 10 of Alacer employees had zero levels of plaque in their arteries. This is because they have been taking the mineral ascorbates produced by Alacer for in excess of six months. Modern medicine simply does not offer any such results as this.

Name	Age	Asymptomatic levels for age group	Calcium
Jay Patrick	82	Over 800	0
Linda Tagle	76	550-800	0
Ymelda Patrick	57	260-450	0
HU	43	155-310	0
AR	42	155-310	0
JU	42	155-310	0
JE	47	155-310	0
RA	47	155-310	0
SU	57	260-450	97
EM	55	260-450	155

For some 50 years the medical profession has clung to the erroneous idea that reducing the level of cholesterol will reduce occlusion of the coronary arteries. This approach is a fraudulent concept which benefits both doctors and drug companies.

In fact, I challenge all the doctors in the world to assemble 10 people of approximate ages as shown and check them for such congestion, using either the Ultrafast CT Scan or magnetic resonance identification. They certainly will not have even 1 or 2 out of the 10 that show absolutely clear arteries.

Although there are in excess of 100,000 studies which have been made on ascorbic acid, practically none has been made on what is the real Vitamin C, a total of some seven mineral ascorbates which the animal body manufactures in its own liver. Calcium ascorbate and sodium ascorbate have been given some attention. Indeed, for many decades sodium ascorbate has been used widely for intravenous introduction into the human body. One of the principal health researchers is the National Academy of Sciences which has managed to stifle further research on any form of "C", including the intermediate, ascorbic acid. It is, therefore, almost impossible anymore to get approval of any research on the subject in this country.

The writer attended some nine months ago a meeting in Vancouver, B.C., where a presentation was made on research of some seven products unsuccessfully employed to halt schizophrenia. Dr. Frederick Klenner utilized several hundred grams daily of sodium

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

ascorbate intravenously in curing everything from viral encephalitis to multiple sclerosis. While the IV approach is effective, it is costly, and I'm sure not nearly so effective as the full range of mineral ascorbates, potassium, sodium, calcium, magnesium, manganese, and zinc, as the major bodily forms in bringing countless ailments under control. And the mineral ascorbates are now available for one's intake, in an economical way.

Ascorbate Research Blocked

However, we need a vast amount of research on this subject. Accordingly, I ask my colleagues to give consideration to investigation of viral pneumonia, chicken pox, tuberculosis, malaria, mononucleosis, arthritis, cancer, leukemia, diabetes, *Helicobacter pylori*, surgery recovery and wound healing, chronic fatigue syndrome, influenza, reduction of strokes, therapeutic benefit against additional strokes, to mention a few. A major consideration can be evaluation of women's pregnancies. The five daughters of Ymelda Patrick took 8 to 10 grams of mineral ascorbates during their pregnancies, with a result of 12 highly intelligent children that are in wonderful health and are A students in school. Of course, at the present time, it is still almost impossible to get any governmental support from these studies. I believe that the pharmaceutical industry is largely responsible for this. Since the National Academy of Sciences relies on the drug industry for its principal financial support, it turns out that, per se, the discouragement of these companies, which seek billions in return on its pharmaceutical studies, puts a wet blanket on the most important research that should be going on.

This list is far from complete, as mineral ascorbates support the immune system against any invader that would disrupt cell balance. It has been our principal source of survival through the centuries of our residence on this earth. But it has been forever incapacitated by our failure to produce the mineral ascorbates in our own livers, since we lack the fourth enzyme, L-gulonolactone oxidase, which produces the fourth stage of mineral ascorbate synthesis, ascorbic acid, to be followed by the fifth stage involving the reaction of ascorbic acid to minerals present in the liver.

Notation: Solutions are now available which have extraordinary purity, being pyrogen-free and extremely pure ascorbate which works so effectively in the bloodstream. Usually of sodium ascorbate, they can be used intravenously in the body in great volume, if necessary and, often, with extraordinary results.

Products are economical and freely available which will produce 1 gram of mineral ascorbates, when water is added. Some 70 trillion cells of the body require the following minerals in this order:

- Potassium - 20 parts
- Sodium - 5 parts
- Calcium - 3 parts
- Magnesium - 2 parts
- Manganese - ½ part
- Zinc - trace

These mineral ascorbates act as mineral transporters to bring the ascorbate into body cells and aid the fantastic mitochondria within, which produce some 90% of the energy of the body, to function effectively against most invaders.

As a consequence of repeated ignorance of this basic disease of the world, hypoascorbemia, by the National Academy of Sciences and its affiliates, some 90% of the people of the world have been influenced to ignore their basic disease, inability to produce mineral ascorbates in their bodies, as do some 1.5 million other animal species.

Indeed, this major disease is responsible for the shortened, precarious lives of most people and our poor immunity to almost every disease, starting with the common cold, which usually becomes completely eradicated in the lives of those who take the mineral ascorbates daily.

The condition of medical science in this regard is insufferable, outrageous, and deplorable. We cannot be a modern nation, a modern world, and suffer the consequences of this ailment any longer.

Thus, I am in agreement with Jay Patrick, who has "a holy crusade" to aid the world in facing its major health problem. Now 88 years old, he wants to live to be at least 100, so that he may advance this major cause.

Addendum

By Jay Patrick

Yes, humans are the most intelligent of some 1.5 million different species of animals in the world, yet they are among the less than 10 animals who are known to suffer from this devastating disease which Irwin Stone named hypoascorbemia, the inability to produce mineral ascorbates in their own bodies. In regard to the misshapen children that are often born, Omar Khayam said "Did the hand of the potter shake?" Yet the Pope himself is slowly dying for lack of the mineral ascorbates that could have helped to keep him well. We sent him some, but his learned advisors turned them down.

At the First World Congress which I staged in 1978 in Palm Springs, Nobel Laureate Albert Szent-Györgyi said: "Is this affliction really the penalty for the apple that Adam and Eve ate in the Garden of Eden?"

The foundation which I have set up has as one of its chief objectives the restoration of the gene that is responsible for our inability to produce in our livers L-gulonolactone oxidase, the fourth enzyme. If we had a little bit of outside financial support, we might be able to figure out a way to re-insert this gene in the human body, but our efforts are largely ignored and millions of people, in fact almost the whole world, suffer the ignominy of this impoverishment.

Meanwhile we are making remarkable progress toward the conversion of stem cells into heart muscle cells, which we firmly believe can be injected into the human heart and restore its strength. Actually, I am hopeful to share in this major benefit, since my heart is weakening. It has already pumped some 80 million gallons of blood through my arteries, this wonderful two pound organ, which compares with the 52 million gallons of oil the ship Valdez spilled in Alaska, may not last me until I can complete my holy cause to which hardly anyone else pays any attention, and bring the world to recognize how much more each of us can accomplish if he or she has the support of these mineral ascorbates.

For our real survival, we must turn away from the ridiculous drugs offered by our pharmaceutical industry. The majority of these drugs may serve some biological benefit in the body at the cost of as many as a dozen side effects which can destroy us. For

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

instance, my heart specialist gave me a potassium tablet which I did not need, since my daily intake is more than 1,000mg of potassium as potassium ascorbate, the best form of potassium available. I also eat at least three bananas weekly which give me more. This potassium tablet upset my entire digestive system, causing gas, diarrhea, and pain. I quickly threw it away and have been doing exceedingly well since. The list of side effects for this tablet is enormous, you may be sure. More and more am I able to understand why some 100,000 people die in our country every year from the misapplication of drugs given them. This is absolutely ridiculous. We would do much better if we shut down the whole drug industry and just concentrated on the vitamins and minerals we actually need, but most of all the mineral ascorbates. Yet a multi-billion dollar industry will quickly seek to silence me.

But first of all, we must end the drug reign of our so-called National Academy of Sciences, which misleads our FDA and most of the world in misunderstandings of our true dietary needs.

I have accordingly instituted a court complaint against the National Academy of Sciences which will compel them to show how they act so emphatically against the public interest. This complaint was first filed in the federal court, but they found a way legally to get out of it. Our current complaint is in the Superior State Court at Santa Ana, California. I shall welcome your support and the support of every true scientist.

The National Academy of Sciences is a shameful sham of an organization, the principal servant of the drug companies, rather than the American people they are intended to serve. The organization should be promptly disbanded and another set up which is financed by the U.S. Government alone, which will help greatly to promote the impartiality with which it must operate. In most of the labs of the country, funding is by federal grants, but almost every professor can get money from various other drug companies, also, and from private monies, which will very much direct his research and his partiality. Many things must be done to correct this situation and cannot readily be detailed. Even the horrifying disease of leprosy, with which some 10 million people are afflicted (see Discover Magazine, November 2000), might benefit dramatically from the mineral ascorbates. Surely 10 grams or more daily should be tried on these forgotten people. Incidentally, the monkey who cannot produce its own mineral ascorbates, suffers intensely from this ailment. It should be the first animal on which the mineral ascorbates are tried.

For instance, the NAS came out with a statement some months ago that people should not use more than 2 grams of Vitamin C because it can produce diarrhea. Of course, they are only speaking of ascorbic acid, as they seem totally unaware that it is only an intermediate in the production of Vitamin C in the animal's body. This reaction is only partly true, as the reaction of various people varies enormously. Some can only stand 2 grams, others as many as 10 grams of ascorbic acid without any diarrhea. Indeed, the body can become used to the acidity of the product to a considerable degree, indeed tolerant. They should wake up and learn that the mineral ascorbates which the animal produces can be the only true "C". Furthermore, the mineral ascorbates are also neutral in pH and can be taken in the larger gram quantities so essential in good body function, without any adverse reaction whatsoever. However, the NAS doesn't recognize that ascorbic acid is not the real Vitamin C but only an intermediate in the animal's body, the fourth product of reaction in the liver, which then immediately goes into a fifth stage where it reacts with minerals present in the liver to form potassium ascorbate, calcium ascorbate, magnesium ascorbate, and all of the other ascorbates which then go through the body through the

bloodstream of the animal and into the cells, which are so happy to have not only ascorbate but minerals that they vitally need.

A high percentage of researchers work on a project just because it was funded, not because it bears any particular relationship to the real problems of life. In fact, hundreds of millions of dollars of funding occur most basically because the money is there to be spent. Yet the most basic life problem of the world is totally ignored, the fact that we humans, the most intelligent of 1.5 million species of animals suffer from a genetic defect, our inability to produce mineral ascorbates in our own bodies that will eventually kill each of us, who does not die accidentally. This is because without adequate amounts of mineral ascorbates, our mothers cannot put together essentially perfect bodies in pregnancy. Thus, there are rarely perfect babies, without some, often unperceivable, defects of construction, that can precipitate death. Further, lacking the fantastic support of the immune system which mineral ascorbates can bring about, we are susceptible to countless diseases which a stronger immune system could ward off, that precipitate death or marked incapacitation. Yes, each of us lacks, as stated, the fourth enzyme in his/her liver, L-gulonolactone oxidase, which would enable our livers to perform the formation of ascorbic acid, the fourth stage, which is rapidly followed by the reaction into mineral ascorbates of the fifth stage, the making of the neutral mineral ascorbates.

The National Academy of Sciences has assumed a scientific responsibility far beyond that of any individual who may be concerned with his first amendment rights. Nearly every observation that this organization issues is copied throughout the world, in the belief that it is scientifically based and will promote good health.

Yet this organization has consistently recommended that the average intake of Vitamin C for an adult should be 60 mg daily, whereas the average daily production of Vitamin C by some 1.5 million species of other animals is in excess of 10,000 mg when compared to a 70 kg human, which is 167 times the small dosage recommended by the NAS.

It is one of the purposes of this suit to inquire from the NAS how they managed to arrive at such a ridiculous figure as 60 mg, although it has lately been increased to 90 mg, without any explanation. Of course their research is with the wrong item, since ascorbic acid is not the real Vitamin C as can be readily established. Ascorbic acid is not well accepted by the body and therefore the multi-gram quantities adequate for good health cannot be ingested in this form. In short, they have been studying the wrong substance and therefore all of their research is invalid and the first amendment is not involved in this misadventure, as they claim.

17) The Missing Link in our Health

Very few of us recognize that we lack a most important ingredient to our general health and long life. It is mineral ascorbate. We cannot produce in our own livers the mineral ascorbates that would fortify our immune system which is our principal and essential defense against all manner of attack from bacteria, viruses, insects, and all manner of things that attack our bodies. Now, there are approximately 1.5 million animals in this world, and we are among them. But, of all these animals, less than 10 have been shown to have the same ailment from which we suffer, hypoascorbemia, the inability to produce mineral ascorbates in our own livers.

Now these animals who do use these fantastic substances live at least seven times their period of maturity. A dog that matures at 2 years lives 7 times 2 to 14. Yet we who mature between 20 and 25, should on this basis, live 7 times 20 which is 140, not some 76 or so years.

18) A Holy Crusade

Every man, woman, and child in the world suffers from this disease which reduces his/her resistance to every ailment that comes along and shortens his life, puts lines in his/her face, reduces the vision, reduces the hearing, reduces acuity, and in general in many ways reduces the joy of life. In the livers of 1.5 million or so animals in this world are four enzymes which convert the glucose in their blood into ascorbic acid in four stages. Of all of these animals less than ten have been shown to lack any of these necessary enzymes, but humans lack the fourth enzyme, L-gulonolactone oxidase, as do monkeys, apes, the guinea pig, a Japanese snake, a certain bat, and possibly a few others.

Now humans are undoubtedly the most intelligent of all the animals and certainly the most articulate and they have helped to reshape this world of ours mightily for good or for bad. Yet we humans lack the ability to produce this simple, sugar-related product that has up to 1,000 functions in our bodies.

19) The Immune System and What Kills Most of Us

There is one outstanding oversight, worldwide, in the entire field of scientific medicine. Because of this oversight, millions of people are born without fully fulfilled bodies, and most of them fall prey to countless diseases and ailments from which they would not otherwise suffer, and almost all of them die many decades ahead of their time.

It is a disease which results in inadequate support of the major protection which we have to all manner of disease, as it lies in the support of our remarkable but inadequate immune system.

It is the major weakness of all our bodies, which often results in sudden infant death and sudden death of the adult who is subject to trauma. It is probably responsible for the sudden death of the elderly who die in their sleep, who reportedly pass away due to natural causes. The natural cause is that their bodies run out of what Dr. Albert-Szent-Györgyi has described as the "glue" of life.

It is the disease which has been identified as being shared by less than 10 other animals of some 1.5 million on this earth. Because of this ailment our organs do not always hold together, our skin prematurely ages, our bones are substantially weakened and break easily, we fall easy prey to some 200 cold viruses and a great variety of influenza viruses, our tendons are often weakened, our brains cannot operate at peak efficiency, and our eyes frequently require the support of glasses for good vision, or fall into a great variety of eye diseases, such as cataracts and glaucoma. Without this magic substance our bodies cannot form with amino acids the connective tissue that separates each organ and holds us together. Without it the lining of our arteries starts to bleed, then

forms the scar tissue which collects the cholesterol, fats, and calcium that can block our coronary arteries and shut down our hearts.

Some 32 years ago one of the authors (Patrick) was suffering from the severe pain of the TM joints toward the end of every week. His dentist failed to help him at all. He eagerly responded to an article by Irwin Stone, a real pioneer on Vitamin C, in a current Life magazine. Weekly meetings with Stone, who lived on Staten Island some 50 miles away from Patrick's home in New Jersey, opened his eyes. He took about 4 or 5 grams of ascorbic acid, and quickly noted that his TM joint pain had some 95% disappeared. This awakened him to the enormous potential of the product. He learned from Stone that most animals produce the real Vitamin C in their own livers. The glucose circulating in their blood hits four enzymes, forming ascorbic acid. But this ascorbic acid then reacts with minerals present to form the fabulous mineral ascorbates.

20) Where Sunscreens Fail

"Sunscreens do a great of stopping sunburn by absorbing ultraviolet rays. But there are other parts of the light spectrum that many sunscreens don't block, that may play a role in causing skin cancer, particularly melanoma, the most dangerous form of the disease."

--Harvard Health Letter

What your body really needs is the extra protection of mineral ascorbates of Vitamin C inside you, working through your skin to protect you. And the best forms of C are the mineral ascorbates such as you produce when Emer'gen-C™ dissolves in water, or as are present in our Super Gram III™ timed-release mineral ascorbates.

These products are usually available wherever health foods are sold.

Melanoma, also known as malignant melanoma or cutaneous melanoma, is the least common but most dangerous form of skin cancer. Each year, about 42,000 new cases of melanoma are diagnosed in the U.S. (a number that has been going up), and the disease causes 7,300 deaths. Intense, intermittent exposure to the sun, rather than cumulative exposure, is believed to be the principal cause of melanoma. In men, a common area for melanomas is the back, and for women, the lower legs. Melanomas can grow from an existing mole, but about half the time, they appear as new, dark patches of skin. You should have a doctor look at any mole that has changed size, shape, bleeds, has developed irregular edges, varies in color, or has become itchy. Any new dark area of skin that is greater than a quarter of an inch should also be checked out. If it's caught early and hasn't spread, a melanoma can be removed surgically, although a wide area of skin might be taken to make sure all the cancer is removed.

21) Vitamin C as an Anti-Aging Therapy

It may interest you to know how I became involved in Vitamin C. I had reached the age of 59 operating a chemical specialties firm in New Jersey for close to 30 years. At that time, I managed to develop the leading replacement for carbon tetrachloride which had killed many people. I did reduce the number of fatalities I'm sure. However, I was not

greatly interested in nutrition partly because of all the wild claims. Toward the end of each week as the stress of my operations accumulated, I developed pains in my TM joints. I went from doctor to doctor, dentist to dentist, and one of them spent some seven occasions grinding away on my teeth to improve my bite without any success at all. I happened to read LIFE magazine which featured Dr. Irwin Stone and learned that he lived in Staten Island which is very close to me. I became very well acquainted with the doctor and his wife. We had sessions every Sunday and discussed Vitamin C and his enthusiastic support of it. He said it makes you almost invincible. I learned a great deal from him and am engaged in carrying on his work, beyond where he envisioned it.

Dr. Stone said that human kind didn't produce any C at all. I've since concluded that it's impossible for the mother to produce a baby without producing some Vitamin C because the connective tissue of the body has to be made with C and amino acids. And, her baby would fall apart if she didn't produce some C. Indeed, the baby does have a good level of Vitamin C in his body the first day of birth and the mother's milk does produce C that enables the body to survive.

Perhaps, out of context, I want to share with you both a personal and professional success story. A few years ago, I heard of a method of determining the coronary occlusions that occur so I went to UCLA Cardiovascular Center and ran through their routine. Their technician was astounded to find that I have zero levels of calcium in my arteries which indicates zero plaque, setting a new record. I went back to the head of the Cardiovascular Center and wondered if that impressed him a little bit, and of course it's just only of one person therefore, anecdotal. He denied that was of much significance. For me, it was of some significance, so I brought nine more of the workers who have been taking our products because we are interested in saving their lives, improving their expertise, etc. It turned out that 8 of 10 that they checked out had zero levels. The ages ran from 43 to 76 years old. The remaining two registered at 400 and above 450, below problem levels.

I have been taking care of a San Diego doctor who has been buying our products and he's very much into chelation therapy. I persuaded him and his wife to go to the Cardiovascular Center. She'd been taking our product very religiously and showed up at zero levels; he had 1,350 which is in danger of a heart attack.

In 1966, Dr. Irwin Stone published the paper "On the Genetic Etiology of Scurvy," pointing out that in scurvy, we are dealing with a genetic, liver-enzyme disease and not simply a dietary disturbance. The liver enzyme disease, hypoascorbemia, is caused by a defective human gene for the liver enzyme, L-gulonolactone oxidase, GLO for short, and was not simply caused by improper foods. This birth defect for GLO prevents humans from producing their own large quantities of ascorbic each day as nearly all the other mammals do. Improper foods are not a cause of this disease, but merely a complication involved in the workings of this potentially fatal birth defect, the real cause.

Because of ignorance of the proper daily dosage of Vitamin C, hypoascorbemia later known as chronic subclinical scurvy, the so-called CSS syndrome, has become our most widespread and insidious disease. The chronic insults of the CSS syndrome sets the stage for the high incidence of morbidity, and high mortality of cancer, heart disease, strokes, diabetes, and many other current serious medical problems, including sudden infant death and drug addiction. The continuing application of the outdated tenets of this Vitamin C hypothesis by orthodox medicine, has only assured the continued high rate of scorbutic

sicknesses and scorbutic sudden death in our population. Thus, it can be so easily and inexpensively avoided.

Imagine the liver of an animal who produces ascorbate. The four enzymes in the liver react with glucose circulating in its blood to produce ascorbic acid. Stone pointed out, in just a random way, that ascorbic acid doesn't go into circulation in the body. It immediately reacts with minerals present in the liver to form mineral ascorbates which can get into the cell more readily. Dr. Stone went around giving out little packets of ascorbic acid with 1 gram of sugar. He wasn't aware, of course, of the great intake of sugar (which is now 159 lb per person and it's one of our major problems). A youngster who may drink as many as seven Cokes a day, takes in all this sugar without any Vitamin B or C to aid his body in metabolizing it.

Unfortunately, that is one way that we are delivering to the countries of the world a new form of America which really doesn't aid our place in the world, because it will kill-off many people ultimately.

The general scientific community keeps referring to ascorbic acid as Vitamin C. Ascorbic acid is absolutely not the vitamin C - it's only an intermediate in an animals' body and present only in plants, fruits really. We are not fruits. We are animals and require neutral forms of ascorbate. The whole science of examining the value of Vitamin C is rotten because they are using the wrong form of Vitamin C, i.e., their conclusions about its producing stones in the kidneys, for instance.

Imagine your Vitamin C batteries running down. This is one way to get people to recognize the nature of the problem because every organ in your body requires Vitamin C, and more than any other, your brain requires it. The UCLA Cardiovascular Center told me that women get coronary occlusion ten years later than men. The reason is that they do produce some C in their bodies because they have to make a baby. Making that baby necessitates C and amino acids to make the connective tissue that holds the body together. Now no one has noted this really, in all the scientific data about babies, but they have to make ascorbate in order to produce a baby or we would never have a baby that would hold together. Its organs would grow together and it would die. It is not ascorbic acid that you would get in your mother's womb - it is mineral ascorbates!

As the woman ceases to menstruate, her output of C goes down and she can get occlusions of the coronary artery. It is said that cholesterol alone is truly involved in the occlusion of the arteries which accounts to the major corruption of our medical field. It certainly is not the primary factor. The reason our coronary arteries clog up is due to lack of Vitamin C in the intima, the lining of the artery, which starts to hemorrhage (bleed) and then forms scar tissue. It is this scar tissue, which Dr. William McCormick in the 1950's had pointed out, is responsible for collecting equal parts of cholesterol, lipids and then calcium. As soon as the so-called science of medicine recognizes this, a lot of people will be getting better and better and will not be wasting their money on checking their cholesterol. Actually the cholesterol is a vital substance in the body because it is the intermediate for the production for the sex hormones, and it produces a good many other products too in its own way. So, that is a major myth in our scientific community, and I'm resolved, before I die, to rid the world of this ridiculous premise.

"If you do not have ascorbic acid, you can't build a healthy body and you can't correct it later. If you build a wall, you put the bricks down and put mortar and cement on every one. You can't put the bricks together and then and then pour mortar on top of it. It will never

hold."-- Dr. Albert Szent-Györgyi We think of the human body as being almost perfect but yet they're some 4,000 genetic diseases that are ailing us. We are concerned with four which occur with every person. First, the production of melatonin which usually halts at entirely age 12. It is a product of serotonin, the chemical messenger of the body. Secondly, the human body is unable to produce an adequate amount of mineral ascorbates for its protection against disease and prolonged life. Third, human bodies are unable to produce the enzyme uricase, which breaks down the uric acid that causes gout. And lastly, we have inherited a mechanism for retaining sodium when the blood plasma gets down to a level and requires it, but no such mechanism exists for the retention of potassium. Now, of course, you're sold on sports products which have as much as 4½ times as much sodium as potassium. It should be the reverse. Everyone needs potassium.

In the effervescent product which we developed to produce the mineral ascorbates, with the addition of water, the product effervesces and produces the mineral ascorbates such as we cannot make in our own bodies. The cell merely requires more potassium than we get, whereas it desires 100 parts of potassium, to 5 of sodium, to 3 of calcium, to 2 of magnesium. These neutral mineral ascorbates are readily accepted by the cells, and they immediately feed the mitochondria which are the tiny chemical factories that help us to think every thought, or move every muscle. The product that I developed and introduced at the First World Congress in Palm Springs, in 1978, incorporates mineral carbonates which react with ascorbic acid and form the true mineral ascorbates, coupled with the B vitamins and other trace elements. It also goes most readily into the cells, because the minerals act as ascorbate transporters, feeding the mitochondria those tiny factories to which we owe every breath we take and every muscle we move.

In a study of potassium levels in approximately 1,000 people in Rancho Bernardo, California, they found that when they were getting 1,000 mg of potassium daily, they did not experience any strokes over a ten-year period. Molybdenum has the highest stability and potassium, is the lowest. So, if we make a product of potassium ascorbate, it's not going to be potassium ascorbate very long.

In 1977, I decided that we would make a drink to get potassium immediately into the body. It could be the poor man's chelating agent and that it would disassociate and leave ascorbate free to pick-up the calcium deposits that are a part of the coronary artery. I discovered that it would greatly increase one's energy and ability. That is why we are making as many as a million packets of this product daily, and it is the largest selling form of Vitamin C in the world. It is a great way to get mineral ascorbates into the cells in the body, which is the basic unit of all health.

Would it interest you to know that 150,000 people die annually from trauma? There is a record of a two-year period at San Francisco General Hospital that 390 people died within the first ½ hour after they entered the hospital. Dr. Stone pointed this out to me, and I thought that a good name for a product would be Emer'gen-C™ because he said that 50% of people that die in automobile accidents die from the trauma alone. If we could get C to them immediately we could save their lives, and so that has been very much in my mind since. One-way or another, we can live or die depending on the level of ascorbate in our bodies. The man who dies in his sleep - they say he died of natural causes. He perhaps died of unnatural causes because he ran out of C in his body and it just falls apart.

The brain will grab whatever C is in the body because if your brain can't work - you can't work. Most mens' brains shrink from 15% to 40%. Womens' brains shrink only 1% because apparently the amount of Vitamin C they have in their bodies goes to the brain.

22) How Emer'gen-C Works - Life Giving Ascorbates

MISSING

23) Ascorbate: Humanity's Most Needed Substance

Dr. Albert-Szent-Györgyi, the Hungarian scientist, first isolated one form of Vitamin C, ascorbic acid, from the paprika pepper produced in great volume by his country. However, science has generally failed to recognize that ascorbic acid, while suitable for acidic plants such as oranges and lemons, is not truly suited for use in volume in the human body. It has a pH of about 2 and any substantial quantities will bring the pH of the urine down from nearly 7 to 4, irritate the bladder, and induce excessive urination with subsequent loss of minerals.

As the volume of ascorbic acid intake may be increased, it becomes more and more difficult for the body to utilize this nutrient. Indeed, the National Academy has emphasized that 2 grams of ascorbic acid can induce diarrhea. This is true of some people but not all, since there is great individual variation in the acceptance of this acid by humans. Indeed, some humans can be sufficiently accustomed to its acidity as to be able to accept many grams in excess of 2 grams daily, although the benefits of the product are not usually proportional to the greater intake.

As a result of this erroneous acceptance of ascorbic acid as the real ascorbate, the entire medical community has been confused as to the true value of ascorbate. Indeed, when introduced into the body in the mineral ascorbates of such as animals who do not suffer from the genetic defect which shortens human life, the benefits of high levels extending up to as high as 20 grams daily can be clearly realized. Thus, because most of medical science has been following the wrong star, not using the highly acceptable mineral ascorbates in their research, the entire field of nutrition has suffered enormously.

Vitamin C is essential to almost all life, especially is this true of animals, and we are one of them.

24) The Storage Batteries of Our Bodies

"If I get pneumonia, and am taken to a hospital, where I die, they might attach a card, as they do in Hungary, to my big toe, which would read: "CAUSE of DEATH: Pneumonia." But I would probably have died of scurvy."

* * *

Nobel Laureate, Dr. Albert Szent-Gyorgyi, is speaking at the World Congress on Vitamin C. He is the Nobelist who received the prize for his isolation of the magic substance, Vitamin C, from the paprika pepper of his native Hungary.

Behind Szent-Gyorgyi's remarks is a simple fact that leaves most people behind the proverbial 8 Ball.

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

Some 50% of us already have in our bodies such avengers as pneumonococci, staphylococci, streptococci, or bacilli, which can bring on this deadly lung disease. Or we may also include influenza viruses, adenoviruses, syncytial viruses, rhinoviruses, coxsackie, cytomegalovirus, herpes simplex, and others, from our childhood.

Rather frightening, isn't it? But the Merck Manual says that the foregoing account for some 75% of pulmonary infections in schools and military recruits.

An Inside Job

Some 32 years ago, while operating a chemical plant in Northern New Jersey, I received a telephone call that my father, who lived in San Diego, was being operated upon for appendicitis. I immediately boarded a plane, and the following morning was able to greet him in Mercy Hospital, after they had operated upon him. I found that he didn't have appendicitis, but an inflamed pancreas.

However, within a few hours after greeting my father, because of the high stress of the operation, he came down with a severe case of pneumonia and died about 24 hours later. I now know that he probably died of scurvy, lack of Vitamin C, about which I knew nothing at the time. He, obviously, had the pneumonococcus bacteria already in his body, yet his resistance, at age 79, was so poor that he promptly succumbed.

Thus, you see, we don't have to "catch" any of these life-threatening diseases. Many of them are already inside of us, while our immune system holds them in check.

So, if we don't want to come down with any of these unattractive ways to die, we must do what we can to keep our resistance up. And the secret seems to be: *The right lifestyle, supported by very good nutritional supplement, which absolutely must include the mineral ascorbates, the real forms of Vitamin C that most animals other than humans produce in their bodies in multigram quantities.*

Here and now, is where high intake of the mineral ascorbates of Vitamin C should enter in your life *to stay!*

Healthy people, say The National Institutes of Health, require a body pool of at least 1500 mg of mineral ascorbates, the only form in which "C" is stored in our organs, such as:

adrenals, brain, eyes, gonads, pituitary, pancreas, liver

These organs and any area of the body where intense activity is to occur must, for your energy and resistance to disease, maintain a fair level of this miraculous carbohydrate which Szent-Gyorgyi has described as "the 'glue' that holds our bodies together."

I feel that the collection points for mineral ascorbates should be considered Miniature Storage Batteries, which, when "run down", leave us exhausted and almost defenseless against disease.

25) Subclinical Scurvy

Irwin Stone has said that some 98% of the population suffers from subclinical scurvy, that is subclinical only because the doctors do not recognize it for what it is, a malfunctioning of the body due to lack of ascorbate.

* * *

"Biochemical stress" embodies a number of various stresses the resultant effects of which are increased vitamin C requirements; if these are not met, certain tissues will begin to malfunction. The subsequent inability of the human system as a whole to cope with the malfunctioning results eventually in symptoms associated with particular illnesses. The symptoms used as the criteria of vitamin C deficiency that have been adopted by the Establishment of the medical profession are those of scurvy. The daily dose required to inhibit scurvy - often termed the Recommended Daily Allowance (RDA) - is given by various medical authorities as between 10 to 125 mg daily. However, scurvy is a clinical manifestation of prolonged and extreme vitamin C deficiency. Long before the symptoms appear, subclinical deficiency of the vitamin persists in certain tissues of particular individuals, and this situation can last for some time during which the individuals' activities are increasingly below par. (Boldface: ours)

-- Sherry Lewin, Department of Postgraduate Molecular Biology, North-East London Polytechnic, London, England

* * *

There are some 1.4 to 1.6 million different species of animal in this world. Thus far, less than 10 have been found to suffer from the genetic disease, hypoascorbemia, that cannot produce mineral ascorbates in their own bodies.

These few include humans, the monkey, the ape, and the guinea pig. Some millions of years ago, says Stone, the ancestors of man lost the fourth enzyme, L-gulonolactone oxidase, the fourth step in the conversion in the liver of glucose to mineral ascorbate.

Fortunately, says Stone, these ancestors were undoubtedly living in a lush, tropical area where fresh fruit containing ascorbic acid was freely available. While these amounts of ascorbic acid would not be sufficient to provide full health, they did provide enough to permit survival. But, here we are, as humankind multiplies to some 3 billion on this earth, the most intelligent and resourceful creatures around. Yet, we suffer from this disease that brings ill health to most of us and has such horrible consequences to many.

But there is the further consideration that we are not using our intelligence to do much of anything about this ailment, our major disease. Our National Academy of Sciences, for instance, is so much controlled by the drug manufacturers that they mislead us into believing that tiny amounts of ascorbate are sufficient to give us good health and long life. They do this because their promoters want the profits, the billions of dollars in reward, for their distortion of our true needs.

We of the United States, the most prosperous country in the world, which spends the most on health, rate only 24th with an expectancy of 70 years of life.

26) Unexplored but highly necessary investigations of the role of Vitamin C in the human body which should be undertaken

Since the pregnant woman must develop a child whose body contains large amounts of connective tissue that can be produced only with the reaction of Vitamin C to amino acids, it is germane that this be fully investigated.

It is a general belief that both men and women are unable to produce any mineral ascorbates whatsoever. However, it is obvious that the woman does produce some mineral ascorbates, especially when she is pregnant, as the baby must have ascorbate to make with amino acids the connective tissue that separates every organ of the body and helps hold the infant's body together. (See Jay Patrick's article Specialized Woman.) The woman also tends to develop obstruction of the coronary arteries at least 10 years later than men.

This seems obviously due to her production of ascorbate for childbirth, since Alacer Corp. has established that such obstruction is due to this phenomenon: The lining of human coronary arteries is replaced every two or three days with new cells. If these cells do not contain adequate levels of ascorbate, they start to bleed, and then form scar tissue. This scar tissue serves to collect the cholesterol, the lipids, and the calcium which can ultimately jam up the coronary artery entirely, the principal cause of death from heart disease.

8 out of 10 Alacer employees showed zero levels of plaque, when checked out at UCLA Cardiovascular Center, as shown below. Yet, the dogma that it is a high level of cholesterol in the body which, of itself, is responsible for the clogging of the arteries which has persisted for some 15 years, and never been proved. Indeed Alacer regards it as the major fraud of the medical field.

We firmly believe the clogging of the arteries is due almost entirely to lack of the mineral ascorbates.

Name	Age	Asymptomatic levels for age group	Calcium
Jay Patrick	82	Over 800	0
Linda Tagle	76	550-800	0
Ymelda Patrick	57	260-450	0
HU	43	155-310	0
AR	42	155-310	0
JU	42	155-310	0
JE	47	155-310	0
RA	47	155-310	0
SU	57	260-450	97
EM	55	260-450	155

UCLA Cardiovascular Findings, 1994

27) Forget About Yourself: Just Take Care of Your Dog or Cat

Dogs and cats have a great advantage! They can produce their own mineral ascorbates in their bodies, something humans cannot do. This means that a dog that matures at 2 years can live 7 times 2 or 14 years. On this basis we humans who come of age at 20-25 should be able to live 7 times 20 or 140 years. Obviously we cannot, especially if we depend on our own meager production of ascorbate.

A dog may go along nicely producing the ascorbate at the rate of 2.8g daily (when equated to a 152 lb. human). However, after the dog is some 5 years old, production of the ascorbate tends to decline. This is especially to be noted as it approaches the age of 6-8 years, its coat may become rough, even bloody, its energy may decline, and various other adverse health symptoms may appear.

However, the daily administration of small amounts of mineral ascorbates, as produced by Alacer, can quickly correct this problem, usually eliminating the adverse symptoms and prolonging the dog's life.

I once wrote an article entitled "Forget About Yourself, Just Take Care of Your Dog." Many people may take this advice about the animals they so much love. Certainly the expense of maintaining a dog in ill health has gone up drastically. The dog's bones and ligaments may crumble, and major and most expensive repairs by the veterinarian may be required.

As you note the great improvement in Bowzer, you may decide that you want to do something about your own life, which is drastically curtailed by your inability to produce mineral ascorbates in your own body. This is a genetic ailment from which we humans suffer that has received very little attention in the medical journals. Only a few animals share our genetic deficiency. They are the monkey, the ape, the guinea pig, a type of Japanese rat, some bats, and a few other of the many animals. Some 99.9% of all animals do produce the mineral ascorbates, the neutral forms of C, which unlike ascorbic acid, are readily accepted by the many cells of the body and do not induce diarrhea and nausea when taken in volume, as is the case with ascorbic acid.

28) Why Your Dog Gets Arthritis

The Wall Street Journal recently reported that dogs given a Pfizer arthritis medicine called Rimadyn for their arthritis are now dying in considerable numbers.

The drug was originally developed for humans, but Pfizer chose the safer way of trying it, first, on dogs. TV spots proudly announced the product and veterinarians started treating their patients with the product.

The story discusses a 6-year old Siberian husky with stiff back legs, named Montana. Shortly after Montana started with the drug he "went limp, wobbling instead of walking." Seizures soon developed and vomiting, so Montana was finally put to sleep, with a case of severe liver damage.

This story brings me back to some of my first visits, about thirty years ago, with Dr. Irwin Stone, an enzyme chemist, who spent fifty years of his life investigating Vitamin C. "Dogs live about 7 times their period of maturity, maturing at 2 years, they usually die at age 14," he told me. "A dog starts out life producing mineral ascorbates or Vitamin C in its liver at the rate of about 2.8 grams daily, when equated to a 70 kg (154 lb.) person, but he cannot maintain this level," the doctor said. At about 6 years of age the production of mineral ascorbates goes into decline, and he starts having problems. His energy declines, his fur coat tends to show imperfections, and bloody spots may appear. Other signs of scurvy (lack of ascorbates) show up, including arthritis.

"But if you start giving a dog Vitamin C in good volume, his health will return and he may live well beyond his allotted 14 years," Stone said.

Stone further outlined the process by which animals produce mineral ascorbates in their own livers. The glucose circulating in the blood hits four liver enzymes, the last being L-gulonolactone oxidase, which convert the sugar into ascorbic acid. But he quickly reminded me that the acid form, which would be injurious to the arteries and veins, does not go into circulation, but immediately reacts with minerals present in the liver to form mineral ascorbates such as potassium ascorbate, sodium ascorbate, calcium ascorbate, and magnesium ascorbate.

These are neutral forms of "C" which help carry the ascorbate into the cells of the body, supplying a wonderful, helpful combination of minerals and ascorbate.

This, both Stone and I agreed, is the real Vitamin C as produced by animals for animals, yet almost everywhere people are still under the illusion that ascorbic acid is Vitamin C. It really isn't. It is an intermediate in the production of the real, neutral in pH mineral ascorbates, which rapidly step up the body's operations. Actually, in one way or another, these mineral ascorbates have probably a thousand or more functions in the animal body. For instance, the connective tissue that separates each organ from another can be formed only with ascorbate and amino acids. You might note from my article "Specialized Women", how I state that women are primarily designed for childbearing. As a consequence, they must produce some mineral ascorbates in their own bodies, else, as the baby grows, the connective tissue required to separate each of its organs could not be formed. Indeed, women also produce mineral ascorbates for the milk with which they nurse their babies, contributing much to their growth and health.

So it is this reduced mineral ascorbate output that is responsible for the decline, and the premature death of every dog, and since we humans are of the animal kingdom, what meager output of the ascorbates we may produce or obtain in our diet results in premature aging, disease and death.

Now you may give your dog, as he gets older, Vitamin C tablets which may be little more than ascorbic acid. Small amounts can help him, but the more you give the more you will induce the pH of his urine to decline from nearly 7 to 4, inducing excessive loss of minerals from his body and not contributing much to his or her benefit. On the other hand, if you choose to give your dog Alacer's timed-release mineral ascorbates, Super Gram III™, code 64, your dog will benefit immensely. For each 40 lbs. of animal, you might throw down its throat a Super Gram III™, code 64, tablet once daily. If the dog weighs more like 20 lbs., we suggest, instead, our Super Gram III™ Senior, code 2, which are only half the usual size and will slide down a small dog's throat quite easily.

About Your Life

Another matter which Dr. Stone mentioned: humans mature at ages 20-25, and 7 times 20 is 140 years, which Stone felt is the proper life expectancy of humans if they could only produce the mineral ascorbates in good volume, as do most animals.

So this is another example of how stupidly our medical profession acts, usually ignoring the basic needs of the animal body and choosing to insert some ridiculous drug, which is usually loaded with countless side effects. Also, there might be some guidance for you in your own life. You might consider the mineral ascorbates which are offered in many forms. In the powder form, as Emer'gen-C™, as the ingredients effervesce, you are producing the animal-type mineral ascorbates, which are also loaded with B vitamins and the essential minerals. In timed release form, as Super Gram III™ you can also take these products without any side effect whatsoever, and help keep yourself on the road to good health.

Unfortunately, humans suffer from a serious genetic defect in that they cannot produce substantial amounts of the real Vitamin C in their own livers, as do some 99.9% of all animals. This is really quite ridiculous that we, the major, most intelligent animal in the world should suffer this serious shortcoming in the function of our bodies. Fortunately, we can now make amends for it by taking the mineral ascorbates, such as I have been imbibing for nearly 30 years. This old dog is now in his 88th arthritis-free year, and heading toward at least 100.

29) What the American Heart Association and Most Medical Science Do Not Know About Vitamin C

Far more than 100,000 studies of ascorbic acid, as Vitamin C, have been conducted, since the product was first identified from the research of Hungarian scientist Albert Szent-Györgyi, in the mid-30's.

However, to the writer's knowledge all reports of ascorbic acid have been listed as favorable to the health. That is, all until a paper recently popped up, a report of James H. Dwyer, professor of Preventative Medicine, before a March 2 meeting of the American Heart Association's Conference on Cardiovascular Disease.

Dwyer reported that people taking about 500 mg of Vitamin C in supplements each day for a year showed a progression in carotid wall thickness that was 2½ times greater than those that did not take a Vitamin C supplement. Further, he reported a five-fold increase in the rate of atherosclerosis progression among smokers.

First of all there is one basic thing wrong with the study. Dr. Dwyer did not use the real Vitamin C.

Although scientific medicine still has not awakened to the fact, ascorbic acid is not the real Vitamin C.

Some thirty-one years ago, Dr. Irwin Stone, who spent 50 years of his life researching ascorbate, reported to me that every human being suffers a genetic disease which greatly shortens his life and greatly increases his susceptibility to disease. He called it

hypoascorbemia, an inability of humans to produce adequate amounts of C, resulting in a continuous state of scurvy, the condition that felled the early English sailors.

Stone further explained that it is a genetic disease suffered by humans, the monkey, the ape, a type of bat, a Japanese snake, the guinea pig, and a few other unidentified animals. Some 99.9% of all other animals produce ascorbate, generally in copious quantities in their own livers, although the original site of such production in many was the kidney.

In animals, Dr. Stone explained, the glucose circulating in the blood enters the liver and hits four enzymes, the last being L-gulonolactone oxidase, whereupon it is converted into ascorbic acid. But the acid does not enter the animal's circulatory system, Stone emphasized. It immediately reacts with minerals present in the liver to form mineral ascorbates of potassium, sodium, calcium, magnesium, manganese, etc. These minerals act as ascorbate transporters to carry the ascorbate into the cell. In addition they serve to form neutral products which do not irritate the lining of the arteries and veins.

On the other hand ascorbic acid, has a pH of 2 - 3. In quantity, it can bring the pH of the urine down from nearly 7 to 4, irritate the kidneys, and induce substantial loss of minerals in its diuretic action.

Stone recognized that ascorbic acid was not the real Vitamin C. He acknowledged that 99%+ animals produce the mineral ascorbates in their own livers, but he never did much about the problem, nor did Linus Pauling. This great genius had a prominent blind spot. Indeed, Pauling and Dr. Ewin Cameron coauthored a book dealing with Vitamin C and cancer. In this book they reported on their efforts to treat cancer patients with ascorbic acid, as follows:

"As a result of ingesting 10 grams of C (as ascorbic acid) a day some of these healthy individuals developed heartburn, flatulence, nausea, and especially diarrhea and were forced to withdraw from the experimental study" (from Cancer and Vitamin C by Ewin Cameron and Linus Pauling).

On the other hand, within a year after becoming acquainted with Stone in 1969, I set about to produce the mineral ascorbates of Vitamin C. I returned to my native California and first arranged for a chemist experienced in timed-release to produce timed-release mineral ascorbates, which I immediately started taking at the level of around 8 grams daily.

I shortly took over a food supplement plant and commenced the volume production of 1-gram tablets of mineral ascorbates together with B Vitamins and other trace elements. I have been taking these mineral ascorbates with B Vitamins and other trace elements for some 30 years now. I can report that I have not had a single cold during this 30-year period, nor have I had a real attack of "flu" in 17 years.

Although there are some 200 varieties of the cold virus, I don't even get a runny nose, indicating that I am under attack. My immune system is so effective in countering these and other countless invaders that I really do not come down with any infectious disease whatsoever.

Interesting note: while our pharmaceutical houses make vast fortunes concocting all sorts of strange, generally poisonous medicines, we almost wholly ignore the fact that our

immune system has the enormous power of keeping us well, if we only give it the "tools" it needs to function.

Indeed, there is no known medicine for a great variety of infectious diseases with tuberculosis and pneumonia, probably topping the list. Yet a well-fortified immune system can keep these ailments well under control.

Learning of the Ultrafast CT Scan, I went at age 82 to the UCLA Cardiovascular Center in Torrance, California. They promptly found that I had zero level of calcium in my coronary arteries, indicating almost zero plaque, and proclaimed me "the outstanding man in the world" in this regard. However, since their chief of staff was so brutally committed to conventional approaches to cardiovascular disease, I conceded to him that my case was anecdotal and, therefore, of little scientific interest.

I accordingly came back to the cardiovascular center with nine of our workers who had been taking our products. As you can see from the enclosed chart, 8 out of 10 had zero levels of plaque and the remaining two had low levels that represented no cardiovascular problem. These findings confirm what the real Vitamin C can do for humans. Millions of Americans have now taken our effervescent form of Vitamin C under the trade name Emer'gen-C™ and are walking, talking testimonials of the value of mineral ascorbates. These effervescent products duplicate what the animals produce in their own livers. Indeed, since so many other nutrients are included with the product, there is great synergy to the function.

Name	Age	Asymptomatic levels for age group	Calcium
Jay Patrick	82	Over 800	0
Linda Tagle	76	550-800	0
Ymelda Patrick	57	260-450	0
HU	43	155-310	0
AR	42	155-310	0
JU	42	155-310	0
JE	47	155-310	0
RA	47	155-310	0
SU	57	260-450	97
EM	55	260-450	155

Of course our timed-release mineral ascorbates, Super Gram III™, are also highly effective in bringing up one's ascorbate level. I now take about 12 grams daily of the two products at age 87. I am happy to report I still have 20/20 vision, that my bone density is 118% of a 30-year-old man, and that I just don't get infectious diseases.

Since our production of Emer'gen-C™ is now at the rate of 1,000,000 packets daily, we have a research project which so far exceeds the efforts of Dr. Dwyer as to render his report insignificant. We daily receive glowing reports of our customers' successes with our products. Indeed we now call upon our customers to report to us formally as to the years they have used our mineral ascorbates and as to the success they have had with them. We are issuing this request on the Internet in the knowledge that we shall get a great response which will far exceed any study of Vitamin C, especially the real Vitamin C, yet undertaken.

30) Alacer Corp. Sues National Academy of Sciences for Misrepresenting Vitamin C

Alacer Corp. today filed in Federal District Court an action to compel the National Academy of Sciences to change their views regarding the non-benefits of large amounts of Vitamin C in protecting the body from a variety of illnesses, including the common cold. The suit contests the statement that there is "insufficient evidence to recommend that Americans get more of the nutrients, Vitamin C, E, Selenium, and Beta Carotene than is necessary to prevent basic nutritional deficiencies." Indeed, the panel stated on April 14th, in a public release, that "extremely high doses of such nutrients may lead to health problems rather than conferring benefits."

The first aspect of the complaint emphasizes that the National Academy of Sciences does not even know the true nature of Vitamin C. The panel erroneously regards ascorbic acid as the real "C", whereas there is irrefutable evidence that the neutral mineral ascorbates such as produced in 99.9% of all animals' bodies are the true form of this vital nutrient. Furthermore, the action emphasizes that because evaluation has been performed with ascorbic acid, which the panel notes, in 2-gram quantities induces diarrhea, most health researchers have stopped right there. They have totally failed to evaluate the neutral, mineral ascorbates which can be ingested in the body at levels far above 20 times that of ascorbic acid. The scientific world has not done its job!

Health investigators have never really determined the value of the mineral ascorbates at the levels necessary for them to work miracles in the human body. This mistaken attitude regarding the need for the true, animal forms of ascorbate has greatly constricted the market for the viable substance which is truly essential to healthful life. Indeed, the human mother has to produce modest quantities of mineral ascorbate in order for her baby to form a complete body. This is because ascorbate reacts with amino acids to form the connective tissue which separates every organ of the body and also holds them together.

Without production of some quantities of this substance, mineral ascorbate, which has been largely ignored by the medical profession, no babies could really be born. After birth, the mother produces mineral ascorbates in her milk, which nurtures the baby far better than man-made formula containing ascorbic acid.

Because they are researching the wrong product, ascorbic acid, rather than mineral ascorbates, nutritional researchers of the world have generally failed to identify the full, multigram requirements of this vital substance. Yet even the dog produces at the rate of 2.8 grams daily of mineral ascorbates when equated to a 154 lb. person. Most animals live 7 to 14 times their period of maturity. Thus, the dog maturing at 2 years, lives to be about 14. On this same basis the human animal, maturing at 20-25, should live at least 7 times 20 to 140 years, which he certainly does not.

Few people are aware that we humans suffer from a genetic disease, our inability to produce mineral ascorbates in our own bodies, as do more than 99.9% of all other animals. Only a few animals have been shown to suffer from this life-shortening and poor resistance to disease. They are the monkey, the ape, the guinea pig, a type of Japanese snake, a certain bat, and a few other animals. Labeled hypoascorbemia by pioneer researcher Dr. Irwin Stone, it is truly the major disease of the world. This is because the

human body is continually attacked by hundreds of viruses and bacteria which only an immune system well fortified with mineral ascorbates can hope to counter.

Now, the President of Alacer Corp., Jay Patrick, has been taking mineral ascorbates for some 28 years. During this time he has never had a cold, nor even the sniffles suggesting that a cold has attacked his body, nor in the past 17 years has he suffered for more than a portion of a day from an attack of influenza.

All of this suggests that millions of people are dying prematurely from diseases their bodies should be able to counter. And further their lives are shortened by their reduced ability to maintain their bodies in good working condition. For instance, the human brain requires about ten times as much Vitamin C as the blood plasma. Those who take multigrams of mineral ascorbates will also find that their eyesight lasts them longer and that they do not require frequent step-ups in magnification of their glasses, if they require glasses at all. The nearly 88-year-old Jay Patrick still has 20/20 vision, the bone density 118% of a 30-year-old man, and almost zero plaque in his coronary arteries. (Patrick takes some 12 to 14 grams of mineral ascorbates daily.)

Alacer Corp. supplies the mineral ascorbates in two basic forms. The first is as an effervescent drink mix which reacts in water to form mineral ascorbates of potassium, sodium, calcium, magnesium, manganese, and chromium under the trade name Emer'gen-C™. One-gram tablets, a timed-release of the mineral ascorbates, are also available. Alacer has long made it a practice to furnish the mineral ascorbates to its employees. Accordingly, 8 out of 10 of employees tested have shown zero levels of plaque. This is a phenomenon which has been duplicated nowhere in the world. Alacer accordingly feels that millions of lives can be improved and radically extended for those who daily receive adequate quantities of these ascorbates. But doctors are not going to recognize this ascorbate need until researchers come to know the fantastic health value of these true forms of C.

Name	Age	Asymptomatic levels for age group	Calcium
Jay Patrick	82	Over 800	0
Linda Tagle	76	550-800	0
Ymelda Patrick	57	260-450	0
HU	43	155-310	0
AR	42	155-310	0
JU	42	155-310	0
JE	47	155-310	0
RA	47	155-310	0
SU	57	260-450	97
EM	55	260-450	155

Study made at UCLA Cardiovascular Center, Torrance, California

The panel makes a very broad statement: "There is no convincing scientific evidence that taking large amounts of Vitamin C, Vitamin E, or the nutrients Selenium and Beta Carotene can reduce the chances of getting cancer, heart disease, diabetes, Alzheimer's disease, or other illnesses, a National Academy of Sciences panel announced yesterday."

It is the intent of the suit to address only the conclusions viewed regarding Vitamin C, since these conclusions are so far out of line of general research on the subject.

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

The true Vitamin C, mineral ascorbates, is so essential to the full function of the animal body that its presence in substantial quantities is obviously of great benefit in preventing countless ailments, including cancer, heart disease, diabetes, and Alzheimer's disease. Indeed, since the true cause of most heart disease is the occlusion of the coronary arteries, it is of great interest to note that Alacer has established that mineral ascorbates can so benefit these arteries as to maintain zero levels of plaque. Diabetics who take mineral ascorbates can prevent deterioration of their eyesight and countless other disabilities.

A recent study of which Harvard University was a part showed that among 663 people evaluated, those 26 people who had been taking Vitamin C suffered from no Alzheimer's disease whatsoever.

As to the inclusion of the phrase "or other illnesses", the panel should recognize that it cannot logically include this phrase, since it includes thousands of illnesses which have not been evaluated.

Actually, there is ample proof available that large amounts of mineral ascorbates can not only prevent the common cold, but nip it in the bud.

Further, the panel seems under the impression that the sole function of Vitamin C is as an antioxidant, which is very far from the truth. Actually, the full utility of mineral ascorbates in the animal body reaches such numbers as to defy enumeration. For instance, the brain requires ten times the level of the blood plasma for good function, which fantastically protects the eyesight. The adrenal glands cannot produce adrenaline without mineral ascorbates. The lining of the coronary arteries, the intima, without adequate amounts of mineral ascorbates, starts to bleed, finally forming scar tissue. It is this scar tissue which collects the cholesterol. Without it no cholesterol could attach itself to the wall of the artery. Thus, mineral ascorbates have a major role in protecting the human body against the major cause of death, heart disease, which is usually due to the accumulation of plaque in the arteries. As Alacer has long pointed out, the 50-year-old view that high levels of cholesterol are of themselves responsible for the collection of plaque in the artery, is the major "fraud" of the medical profession, because this phenomenon has never been proved.

Clearly the governmental agency is at fault in these respects: They classify Vitamin C as only an antioxidant. This is only one aspect of the power of this remarkable substance. Mineral ascorbates are involved in the most vital aspects of body construction. The mother has to produce some amounts of mineral ascorbates during her pregnancy else the connective tissue which separates each organ and holds the body together could not be made. This is a scientific fact overlooked by most of medical science.

The mineral ascorbates feed the mitochondria in our body cells. They are the essential engines of some 70 trillion cells of our bodies, furnishing some 90% of the energy, without which we would not be able to move a finger, blink an eye, or think a single thought.

Further, if these mitochondria lack sufficient minerals and ascorbate to permit their full function, their DNA will mutate, leading to disastrous consequences such as Alzheimer's disease, diabetes, dementia, and other bodily breakdown.

The most obvious consequence of inadequate mineral ascorbates is scurvy, which manifests itself in countless ways of bodily breakdown. General ill health, sallow complexion, loss of energy, pains in the extremities and joints, spongy, bleeding gums, foul breath, loosening of teeth, subcutaneous hemorrhages, and painful, brawny indurations of muscles result.

Mineral ascorbates are involved in perhaps 1,000 enzymatic reactions in the body, in the production of adrenaline, hormones, in the function of the brain, which requires 10 times as much ascorbate as the blood plasma. Furthermore, the immune system which, despite the futile efforts of drug companies, is the major protection of our bodies against disease. Indeed, doctors now concede that the immune system is the only protection that humans now have against this dread disease.

Tuberculosis, once thought to have been eliminated from our society, is rapidly rearing its head again. Here again the major protection against this destructive ailment is the immune system, properly supported with mineral ascorbates.

Thus, in summation, it is obvious that the National Academy of Sciences is a flopout. They have done the citizens of the world a major disservice in dismissing ascorbates so lightly. Indeed, it is obvious that they should resign their jobs and turn to some useful work.

These people who are paid to assist us to better health have truly committed a crime against our society! Alacer intends to gather together major medical researchers of the world to give personal evidence that all of the afore-mentioned charges are absolutely true.

31) A Crime Against Our Society!

NEWS RELEASE

Alacer Corp. Foothill Ranch, CA

May 9, 2000

Jay Patrick, 87-year-old president of Alacer Corp., wishes to announce that Alacer is preparing a suit against the National Academy of Sciences for their absolute falsehoods in regard to the use of high levels of Vitamin C, E, Selenium, and Beta Carotene.

Alacer is the producer of Emer'gen-C™, the leading effervescent drink mix, which forms, with water, the real mineral ascorbates such as more than 99% of all animals, except humans, produce in their own livers.

The suit will concentrate on the completely false statements made regarding Vitamin C, which contradict their own findings, as reported in their Dietary Reference Intakes report, just released. We regard our genetic inability to produce mineral ascorbates of Vitamin C in our own bodies as the major disease of the world. This ailment renders us unable to counter innumerable diseases which can never be cured by drug approaches and which greatly shorten our lives.

Alacer attorneys will be filing the suit in about 10 days. We shall summon major scientists of the world in support of our charges. The role of Vitamin C in life extension, it will be shown, far exceeds the antioxidant capabilities which the National Academy of

Sciences indicates is its sole function. Accordingly, we are prepared to prove that the Academy is actually lying in their remarks, which cover all diseases of humankind. Indeed, we feel that their statements constitute a crime against our society. Thus, we shall ask that the federal charter of the Institute be revoked.

32) A Terrifying Male Problem

Boys and girls are not alike, by any means. Girls are specialized for one basic thing, the production of children. So Mother Nature does a great many things to facilitate the production of progeny. Among these things, the mother is enabled to produce the mineral ascorbates of Vitamin C. As a baby may start to form inside her, one of the most basic things it needs is ascorbates. These ascorbates can, with amino acids, form collagen, the connective tissue which represents 30% of the protein of the body. This essential connective tissue separates each organ and prevents its intruding upon another and performs many other functions including the protection of the heart. This ascorbate production probably starts well before she becomes a teenager, but it is a general form of mineral ascorbates which extends to the brain and helps to stabilize the function of the brain. Because of this general ascorbate production, the young lady, as she grows older, does not tend to get any clogging of her coronary arteries. This is because enough of the mineral ascorbates is available to the cells of the intima, which are replaced every 2 or 3 days, to prevent bleeding, which later results in the forming of a hard clot that collects cholesterol.

The mineral ascorbates also serve in the mother's milk which she provides from her breast for her young and are a vital component in forming the whole person. The woman tends to maintain good mineral ascorbate production through her 40's and until she has reached menopause. At this time Mother Nature decides that she doesn't really need anymore Vitamin C because she is not going to produce anymore children, so she quickly halts the production of the ascorbate with the consequence that the woman, as she enters her 50's, may have just as much tendency in the clogging as the male. But, Mother Nature is no longer concerned with her, because she cannot any longer produce babies, so She largely drops the production of "C" in the woman's body, who will probably catch up with men in this arterial congestion as she grows older. However, enough ascorbate is still produced, so that the female brain shrinks no more than 1%, in contrast with male shrinkage of up to 40%.

On the other hand, the male teenager cannot produce any mineral ascorbates in his body at all. As a consequence he tends to run short on the ascorbate in many parts of his body, but, especially in the brain, which blocks the mental stability he would otherwise have. Thus the teenage boy has nearly five times the tendency to commit suicide as the girl! Furthermore he may decide to murder many of his fellows, as has happened in many wild school scenes.

So the boy goes into manhood, but he has more problems than the girl. He does suffer from a tendency to be hyperkinetic for which the drug Ritalin may be administered. Furthermore, his brain lacks the stability, the balance of a well ordered brain, and he may go into a life of crime. As a consequence there are 13 times as many men in Federal prison as there are women. This is a horrifying situation. Apparently no one has figured out that mineral ascorbates could correct it, and no real solutions to the murderous actions of the teenager have come from our medical people. I am personally much upset by this

situation, I can recall that my years as a teenager were not always pleasant, and I never knew what to do about some of the mental anguish that seemed to beset me.

I estimate that the young man desperately needs, at least, one or two grams of mineral ascorbates daily which would certainly straighten out his life considerably, and I shall welcome any approach which involves a trial of this nature.

So those men who manage to survive the teenage period still have a hard time with life. They manage to fill our state and federal prisons to overflowing with enormous disruption of the family life of many. This, of course, has an adverse affect upon their children and their wives.

As stated, there are about 13 of these males for every female in federal prisons, more than five times as many men are incarcerated for drug offences in state prisons, where crimes of violence predominate. Most of them have turned to drugs because, lacking the supportive mineral ascorbates that balance the woman, their minds are restless, searching always for the content that drugs temporarily supply. Production of the male hormone makes them more aggressive but they are in a true state of scurvy, which leaves a great hole, in their personalities.

We certainly do not have a successful society if we are continuously building more and more prisons for a substantial portion of our population. Through the years innumerable programs have been proposed for bringing these offenders back to normal life, but none has proved successful. We believe that the predominating factor is being wholly ignored: *No man or woman can be a whole person without an adequate supply of mineral ascorbates serving up to 1,000 different functions in the human body.* Vitamin C pioneer Irwin Stone has described this as, "The greatest single physiological and biochemical catastrophe to happen to man in the course of evolution". It is also, I might add, the major *disease oversight of all humankind.*

Now, there has been a great deal of research with ascorbic acid, which is erroneously recognized as Vitamin C, which it is not! Mineral ascorbates of ascorbic acid is the fourth stage in the production of mineral ascorbates in the bodies of up to 3.3 million animals which do not suffer from our genetic defect yet. This highly reactive substance then goes through a fifth stage, where it reacts with minerals present in the animal's liver, which produces the neutral mineral ascorbates. These minerals assist the ascorbate in getting to the body cells. Now, researchers have conducted many studies of ascorbic acid, but they do not realize that they are working with the wrong product! Thus, billions of research dollars and thousands of research days are thrown away, with little benefit to us. Only limited amounts of this acid can be accepted into the human body. Our researchers have for years told us that 60 milligrams daily is all the adult requires, although this was lately advanced to 90 milligrams yet, the very latest findings show 85% of ascorbic acid goes out in the urine!

Irwin Stone told me some 32 years ago that ascorbic acid is misnamed a vitamin. This, he said, is because vitamins are required in very limited quantities of milligrams, whereas the real Vitamin C is required in gram quantities. Accordingly, he said it should be described as "a liver metabolite".

Accordingly, most people have been trying to get along on the USRDA for "Vitamin C, which, at 90 mg, is about 1/167th % of the amount of mineral ascorbates produced by the average animal, when equated to a 154 pound person". A ridiculous level, yes?

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

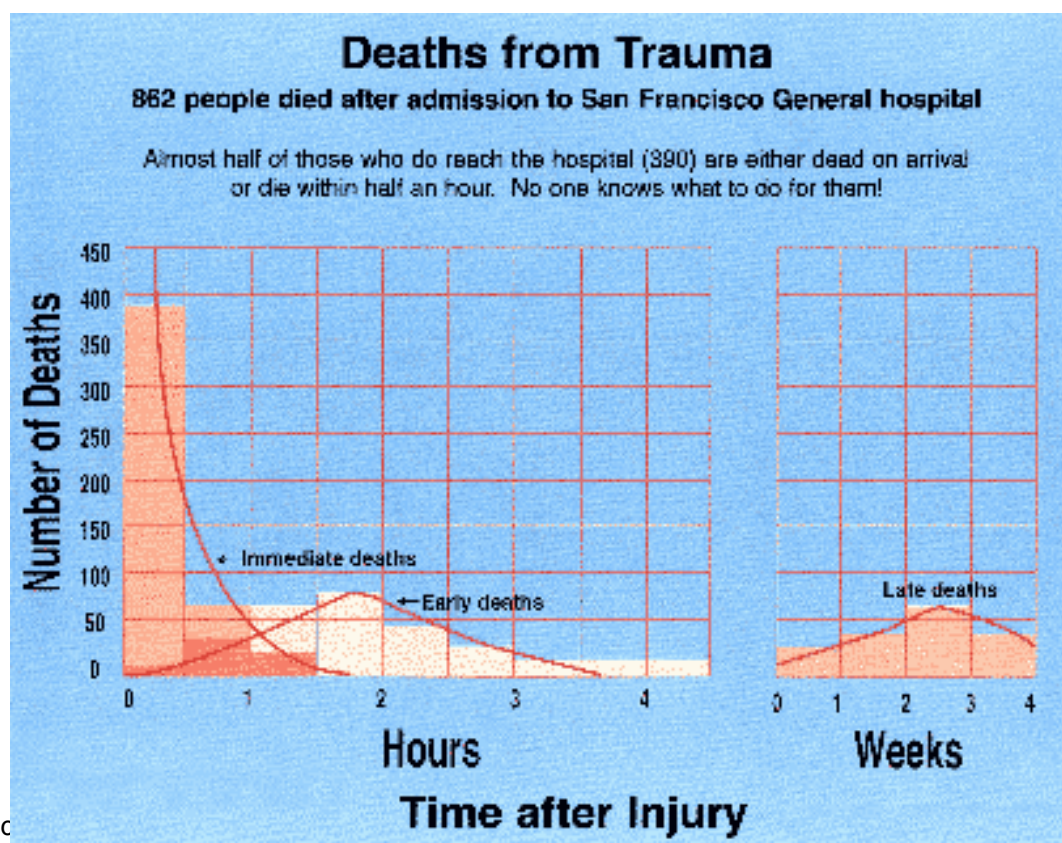
Further, researchers continue to evaluate the wrong substance, ascorbic acid, rather than the true liver metabolites that are the neutral mineral ascorbates.

This is a most serious error which results in the early death and disease of countless millions of people. Further, it means that endless research with the wrong product will get nothing but the wrong answers. How such a major misunderstanding of the true mineral ascorbates can continue to be supported is most difficult to understand. Understanding is heightened, however when one considers that the pharmaceutical houses work hard to support this attitude, since the true mineral ascorbates, when taken in adequate volume, can probably eliminate more than 90 % of the drugs they sell for billions of dollars. These drug monarchies continue to arrange for the discussion of Vitamin C as primarily an antioxidant, when the mineral ascorbates have perhaps 1,000 functions in the human body, supporting the brain hormone production, the connective tissue that is 30% of the protein of the body, the immune system that can identify countless deadly agents and supporting the internal warfare against them.

The misunderstanding of the true state of the mineral ascorbates is responsible for the premature death and misapplied life of more than 90% of the population of the world.

Scurvy is everywhere, although seldom identified, and almost nothing is being done about it.

“He died in his sleep, apparently of natural causes.” Thus, is related the passing of many a person, whose body and brain have just run out of mineral ascorbates, so that death ensues. Irwin Stone describes this as “sudden death”, which, also, may come as a result of a shock to the body in an automobile accident, for instance. The archives of the San Francisco General Hospital report on 862 persons who arrived at their hospital in a state of shock. 390 of them died *within the first half hour*, with little or no bodily injuries, only because their brains had run out of mineral ascorbates.



I want you to know that I am thoroughly disgusted with our medical profession. I regard it as incompetent to serve us adequately. The average physician is said to die at age 58.5 years, the very person to whom we turn for advice regarding any illness.

Only a major force can bring us out of this dilemma. Those who really want to survive can take gram quantities of the mineral ascorbates and generally, enjoy a much better life and a longer life. It is my pleasure, through my company, to serve these intelligent people.

I am devoting the remaining 10 or 15 years of my life to awakening more and more of these half dead brains to what can be a wonderful life and a longer life with mineral ascorbates. At age 90 I have blood pressure 120/60, the bone density 118% of a 30 year old man, and an assortment of organs that can serve me, I believe, for the next 10 or 15 years.

Indeed, I am the only person in the world who has been taking the mineral ascorbates for some 32 years, because I bothered to produce them for others and for myself. I shall welcome all others who have the intelligence to give this new approach to life a good try.

MRI of Jay's brain (90 y.o.) MISSING

MRI of the brain of the 65 y.o. MISSING

MRI of the brain of the 83 y.o. MISSING

Project Suicide

Every month or so I am horrified to learn that a teenage student has murdered many of his fellow students and possibly his teacher, and then committed suicide. Everyone is puzzled by this happening, with much disgust for a few days, maybe a week, and then forgotten some months later. A study of the subject is made by the Institute of Medicine, called Suicide Prevention and Intervention. The Summary of a Workshop the title page carries this quotation:

"Knowing is not enough; we must apply.
Willing is not enough; we must do". - Goethe

The committee was composed of 14 MDs varying from The University of California in Irvine to Harvard Medical School in Boston, Mass. However, they did not do very much, completely ignoring the basic physiological reason the teen age male goes bad.

Time Magazine of August 18, 2002 reports that the incidence of bipolar brain problems, once called manic depression, is increasing greatly and is now striking not only adults but young people.

Time Magazine pictures seven manic geniuses: Lord Byron, Edgar Allan Poe, Robert Schumann, Vincent Van Gogh, Virginia Woolf, Ernest Hemingway, and Kurt Cobain. Of great interest is the fact that there are six men to one woman, further confirming the male problem. Doctors have proved helpless in effecting any important relief from this major disease, which I regard as emanating primarily from a major deficiency of the mineral ascorbates. However, so long as they continue to regard ascorbic acid as the true mineral ascorbate, which it is not, they shall continue to be unsuccessful. Ascorbic acid is 85% lost

Jay Patrick's Articles 1-32 as removed from the alacer website after his death in 2003

from the body in the urine, rather than going directly into the cells of the body, as is the case with the mineral ascorbates.

* * *

ABOUT PATRICK

Jay was born and raised in San Diego, California. He began his career in 1936 at Lord Abbott and Company in New York City. He left the Wall Street firm when the market fell and founded the Flex Record Company where he developed the first paper-based sound recording blanks. In 1940, Jay accepted a position at Detrex Corporation in Detroit supervising the installation of metal processing equipment as part of the war effort. After World War II ended, Jay founded Tect Inc., in Northvale, New Jersey where he developed a highly effective solvent to replace the dangerous carbon tetrachloride. Jay also developed IBM Tape Cleaner and Developer to service all IBM computers in the world.

In 1968, after years of serving as chief chemist and president of his successful chemical specialties company, Jay turned his attention to the subject of nutrition.

But to start with Patrick was not at all interested in nutritional supplements. However, he started to suffer from extreme pains of the TM joints and turned to dentists to help eliminate them. One dentist had ground down his teeth for some seven sessions without relief of the pain.

Patrick then happened to notice a full-page article on Irwin Stone, who had been spending his extra time as an enzyme chemist on studying Vitamin C and its many benefits. He learned that Stone was located on Staten Island, New York. So he climbed in his boat up the Hudson River and went to see Stone, landing at the Staten Island Marina. They became good friends and visited together weekly.

Among the things that Stone told him was that all humans suffer from a genetic disease, our inability to produce Vitamin C in our own bodies, as do some 99.9% of all animals. He explained that animals produce the neutral mineral ascorbates in their own livers.

Patrick tried five or six grams of ascorbic acid and quickly noted that about 95% of his TMJ pain went away. This immediately attracted his interest. He resolved that he would find some way to produce the same mineral ascorbates used so successfully by animals. Accordingly, he shut down his New Jersey plant and returned to his native California.

Shortly thereafter, Jay founded Alacer Corp. in 1970, where he continued his research into Vitamin C in the form of mineral ascorbates. He appeared on many radio and television shows with Dr. Linus Pauling, a Nobel Laureate who wrote a number of books on Vitamin C and became recognized as an authority on the subject.

In 1970, Jay developed a timed-release Vitamin C tablet that included all seven mineral ascorbates, in addition to other vitamins and minerals. The product proved highly successful and in 1978, Jay and the Alacer team developed a product containing mineral carbonates which would react in water to form a great tasting drink, simulating the animal production of the seven mineral ascorbates which humans cannot produce in their own

bodies. The name of the product was Emer'gen-C referred to by Jay as "the real Vitamin C." It was introduced to the World Congress on Vitamin C in 1978 and thrust Alacer Corp. to worldwide prominence, with the production of millions of Emer'gen-CÒ packets.

Jay Patrick committed the last 30 years of his life to improving the health of all humankind. Even past his 90th birthday, Jay could still be found in his office at Alacer working to promote the countless benefits of Vitamin C in the form of mineral ascorbates. Millions of people around the globe continue to benefit from this caring, passion, and dedication.

Within the coming years he set up a plant to produce timed-release mineral ascorbates and other food supplements, which proved quite successful. However, in 1978 he conceived the idea of making a product which would simulate the production of C by animals. It turned out to be Emer'gen-C™ effervescent drink mix, which quickly reacts with the various products necessary for formation of the mineral ascorbates. Emer'gen-C™ has become the outstanding Vitamin C in the United States as sold through health food stores and, lately, in many grocery chains.

Patrick has written some 100 articles on health and also wrote the book "Staying Alive and Being Alive" which has been lost along with many of his articles. These includes articles like "How to Get Out of the Hospital Alive", "Four Great Medical Hoaxes", "What Kills Most of Us", and "Specialized Woman".

P.S. Patrick's wife, Ymelda, has 16 grandchildren, all of whom are remarkable people. All are in excellent health. All are A or B students. The apparent reason? Their mothers had 8 to 10 grams of Alacer's mineral ascorbates during each pregnancy.

Jay Patrick passed away February 26, 2003 at the age of 90. Jay lived a meaningful and prosperous life that touched millions of people in many different ways. His development of Alacer products, which feature Vitamin C in the form of mineral ascorbates, provided one of his most cherished influences worldwide.

If you find or have any other articles by Jay please make them publicly available.